

Offered at no cost  
to members and  
covered  
dependents.

Livongo Means

# Living the Healthier Life I Want.



COST-FREE PROGRAMS



ADVANCED TECHNOLOGY



ENCOURAGING COACHING



## Diabetes Management

Unlimited strips & lancets  
Connected blood sugar meter  
Personalized insights & more

## Blood Pressure Management

One-on-one coaching  
Connected monitor  
Real-time tips & more

## Diabetes Prevention & Weight Management

One-on-one coaching  
Connected scale  
Community support & more

**GET  
STARTED**



Text **“GO NMPSIA”** to **85240** to learn more & join

You can also join by visiting [go.livongo.com/NMPSIA/register](https://go.livongo.com/NMPSIA/register) or  
call **(800) 945-4355** and use registration code: **NMPSIA**

The programs are offered at no cost to members and covered dependents with coverage through the NMPSIA plan.

### **Solamente el programa Livongo para Diabetes está disponible en Español**

Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al (800) 945-4355 o visite [bienvenido.livongo.com/NMPSIA](https://bienvenido.livongo.com/NMPSIA)