

Emotional health support designed for you



A simple place to start getting support, no matter what your needs are



Access to teletherapy and telepsychiatry as your needs evolve



A clinically based digital assessment so we can create a plan designed just for you



A complete range of tools and resources to suit your preferences

**Your
Livongo by Teladoc
Health Benefits**





Chronic Condition Management

PM019854.A

Chronic Condition Management Programs

AN OVERVIEW



Diabetes Management

Connected **blood glucose meter**, unlimited testing strips, personalized insights, 24/7 expert support and custom alerts



Diabetes Prevention

Connected **smart scale**, unlimited access to a team of **expert coaches**, CDC-approved lessons, and activity and food tracking



Hypertension

Connected **blood pressure monitor**, personalized insights, **shareable reports** and access to expert health coaches



Weight Management

Activity and food logging, connected smart scale, and **expert coaches** ready to build your **personalized plan**

“

CHRONIC CONDITION MANAGEMENT

It's really about having those tools to monitor myself, holding myself accountable by writing down what I eat, what I put in my mouth. But it's also taking my blood pressure on a regular basis and it's also about me making sure that I weigh myself to again, hold myself accountable."

Lisa E.

*Hypertension + Weight Management
Programs*



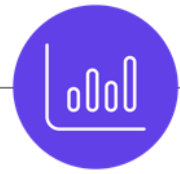
Diabetes Management

PM019854.A

Diabetes Management Program



You have access to a **personalized experience** that helps you understand your blood sugar, develop healthy lifestyle habits and improve glycemic control.



Effortless Data Collection

- ✓ Cellular meter provides real-time feedback for blood glucose reading
- ✓ Unlimited strips remove barriers for checking
- ✓ Food and activity tracking to understand lifestyle habits



Personalized Health Signals

- ✓ Health challenges drive small changes for big wins
- ✓ Health Nudges™ deliver calls to action when members are most receptive

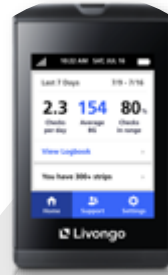


Human-Centered Approach

- ✓ 24/7 emergency support
- ✓ 1:1 live coaching

Diabetes Program Components

Connected blood glucose meter



Coaching and real-time support



Unlimited strips and lancets



In-app experience



Health Summary Reports



Personalized Health Signals





Hypertension Management

Hypertension Management Program



You have access to a **personalized experience** that helps you understand and monitor your blood pressure while developing healthy lifestyle habits.



Effortless Data Collection

- ✓ Connected blood pressure monitor to empower self-monitoring
- ✓ Food and activity tracking to understand lifestyle habits



Personalized Health Signals

- ✓ Health challenges drive small changes for big wins
- ✓ Health Nudges™ deliver calls to action when Members are most receptive



Human-Centered Approach

- ✓ 1:1 human and digital expert coaching
- ✓ Medication support focused to keep you on track.

Hypertension Management Components





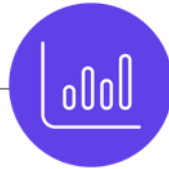
Diabetes Prevention Program

PM019854.A

Diabetes Prevention Program



You have access to a program that helps members focus on **lifestyle behavior changes** to prevent diabetes.



Effortless Data Collection

- ✓ Cellular scale provides seamless weigh-ins.
- ✓ Food and activity tracking to understand lifestyle habits



Personalized Health Signals

- ✓ Lessons provide evidence-based strategies for healthy living.
- ✓ Health challenges drive small changes for big wins!



Human-Centered Approach

- ✓ Coach-led online meet-ups for support and accountability
- ✓ 1:1 live coaching from Expert Coaches

Those who are pregnant, have diabetes, or have a BMI that's lower than the program minimum may not qualify for the Diabetes Prevention program.

Diabetes Prevention Program Components

Connected Scale



Food Logging & Fitness Tracking



Learning Curriculum and Content



Feedback Coaching & Support



Health Challenges





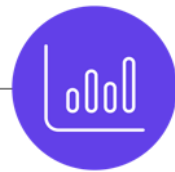
Weight Management

PM019854.A

Weight Management Program



You have access to a program that helps you focus on **lifestyle behavior change** for weight management.



Effortless Data Collection

- ✓ Cellular scale provides seamless weigh-ins.
- ✓ Food and activity tracking to understand lifestyle habits



Personalized Health Signals

- ✓ Lessons provide evidence-based strategies for healthy living.
- ✓ Health challenges drive small changes for big wins!



Human-Centered Approach

- ✓ Coach-led online meet-ups for support and accountability
- ✓ 1:1 live coaching from Expert Coaches

Weight Management Program Components

Connected Scale



Food Logging & Fitness Tracking



Learning
Curriculum and Content



Feedback
Coaching & Support



Health Challenges

