



New health benefit: Livongo is now available at no cost to you

Hello,

We're excited to announce Livongo, a new health benefit being offered at no cost to you. Livongo helps you manage diabetes, hypertension, and other health goals like managing weight, stress, and more.

Eligible Members: The program is offered at no cost to active employees, family members and non-Medicare retirees with diabetes and/or high blood pressure and coverage through the State Health Benefits Program & School Employees' Health Benefits Program (SHBP & SEHBP) plans.

[Learn more](#) and join to get access to:

- **Connected devices.** Receive a free blood glucose meter and/or a blood pressure monitor that automatically uploads your readings. Depending on your health goals, you could also receive a smart scale. Track your progress and manage your health all within a private account on an easy-to-use app!
- **Coaching anytime and anywhere.** Expert health coaches are ready to help. Together you'll create a custom plan to meet your needs and focus on health areas that are important to you.
- **Digital behavioral health support.** Get 24/7 access to practical tips and technique that help you better manage stress, sleep, anxiety, depression, and more

To learn more or join: go.livongo.com/SHBP-SEHBP/now

Have questions or need help enrolling? Call Livongo Member Support at **(800) 945-4355** and mention registration code **SHBP-SEHBP**.

To enroll in Livongo, you must opt into at least one program that SHBP & SEHBP offers as a health benefit. You must also meet the health criteria for each program you wish to enroll in. If a Livongo program is not offered by SHBP & SEHBP, or if you do not meet the specific health criteria of that program, you will not be able to enroll.

You must have a claim associated with diabetes or high blood pressure through your SHBP & SEHBP administered medical plan in the past 24 months to enroll in the Livongo for Diabetes program.

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Thank you!