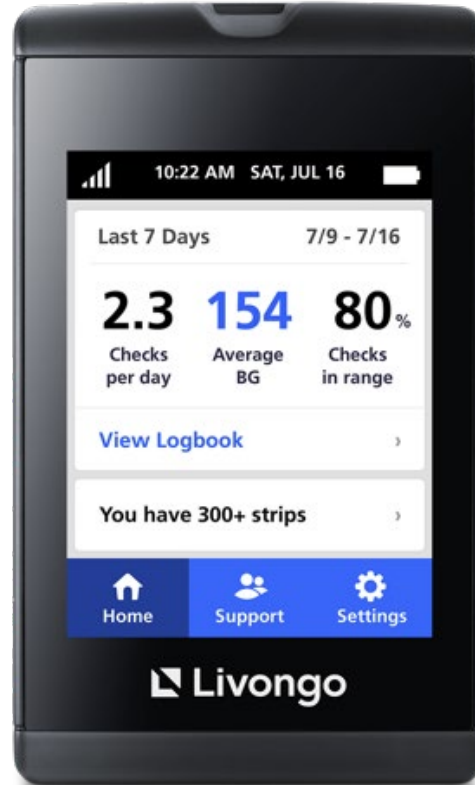# Livongo®

for Diabetes

Empowering People with Chronic Conditions to Live Better and Healthier Lives

Livongo Connected Blood Glucose Meter

- Bright and accessible touchscreen

- Seamlessly stores readings in Livongo cloud

- Real-time feedback and analytics

- Cellular connectivity

10:22 AM   SAT, JUL 16

Last 7 Days   7/9 - 7/16

2.3   **154**   **80**%
Checks   Average   Checks
per day   BG   in range

View Logbook

You have 300+ strips

Home   Support   Settings

Livongo

Only one click to:

contact a coach

Share health report

order strips

contact support

Livongo®

Unlimited Strips Remove Barriers to Checking

- **Strips automatically shipped** to Members when supplies run low

- **Meter and Mobile App** allow one-click strip ordering by Members as needed

Type 1

2.7

Type 2

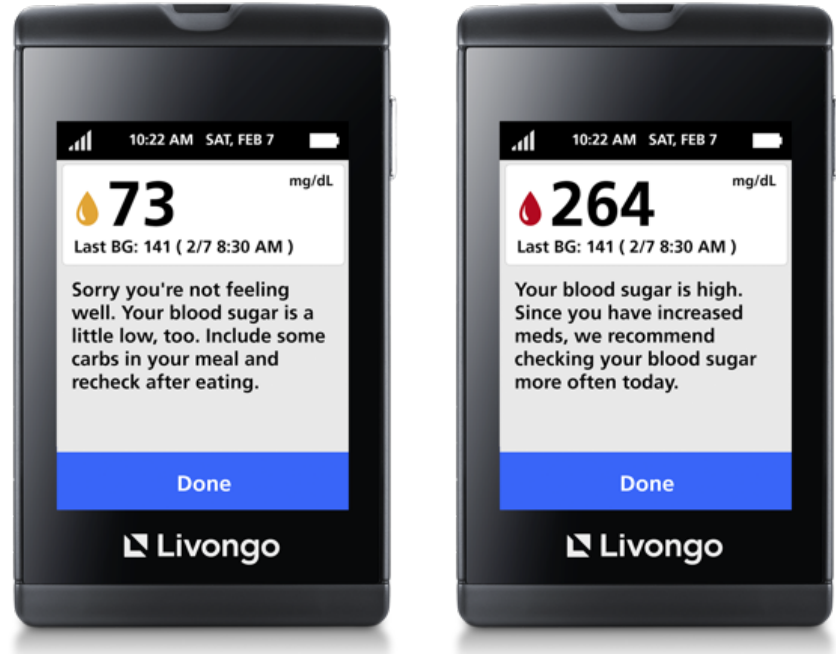**1.5**

Average checks per day over last 120 days

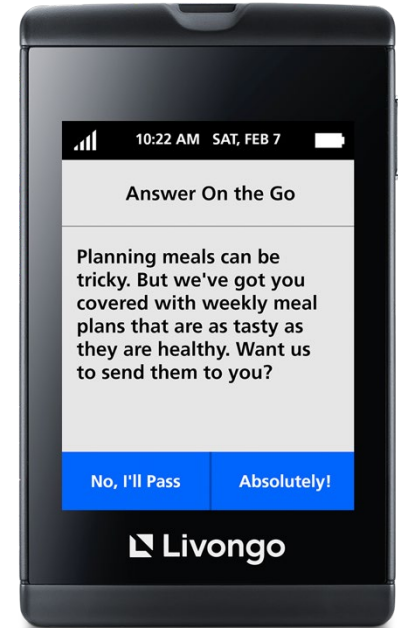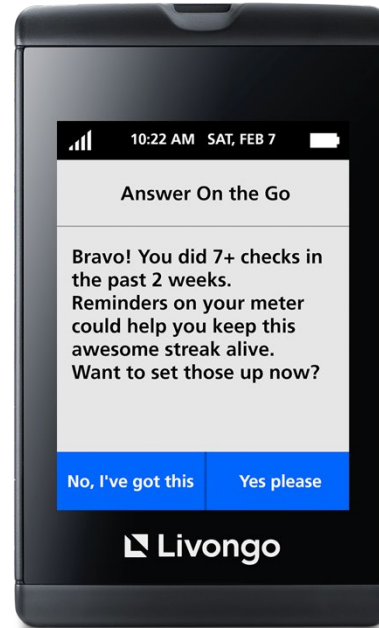**3M**

Checks per month

Livongo®

Real-Time Analytics and Feedback for Blood Glucose Checks

- **Dynamic response** based on glucose level, food intake, timing, and how Member is feeling

- **Helps Members understand** what numbers mean

- **Provides guidance** on how to respond to high or low readings[1]

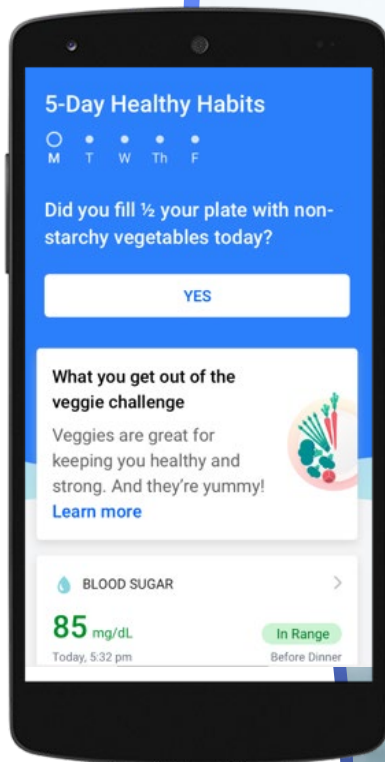# Health Nudges™: Engagement Powered by Machine Learning

- **Positive reinforcement**: Encouragement and affirmation to increase engagement

- **Feature referrals:** Intelligently connect members with program features and benefits

- **Digital coaching:** based on patterns and trends

all 10:22 AM SAT, FEB 7

Answer On the Go

Bravo! You did 7+ checks in the past 2 weeks. Reminders on your meter could help you keep this awesome streak alive. Want to set those up now?

No, I've got this   Yes please

Livongo

all 10:22 AM SAT, FEB 7

Answer On the Go

Planning meals can be tricky. But we've got you covered with weekly meal plans that are as tasty as they are healthy. Want us to send them to you?

No, I'll Pass   Absolutely!

Livongo

Livongo®

5-Day Challenges Drive Small Changes for Big Wins

Self-paced exercises designed to create lasting behavior change

- Short, structured engagement

- Attainable goals

- Accountability via reminders and push notifications

- Daily support and tips

5-Day Healthy Habits

M T W Th F

Did you fill ½ your plate with non-starchy vegetables today?

YES

What you get out of the veggie challenge

Veggies are great for keeping you healthy and strong. And they're yummy!
Learn more

BLOOD SUGAR

85 mg/dL   In Range

Today, 5:32 pm   Before Dinner

Livongo®

Lifestyle Changes Lead to Positive Outcomes

Fill ½ of your plate with non-starchy vegetables at least once a day.

Swap 1 sugary beverage with 1 glass of water a day.

Practice deep breathing once a day.

Get 7-9 hours of sleep.

Add a 10-minute walk to your routine

Livongo®

Expert Coaches

- **Highly qualified:** certified diabetes educators, following ADCES curriculum and ADA standards of medical practice

- **Personalized support:** glucose control, diet, activity, and lifestyle management

- **Unlimited access:** including live, over-the-phone coaching sessions

- **24/7 support:** Diabetes Response Specialists reach out for acute high or low glucose events

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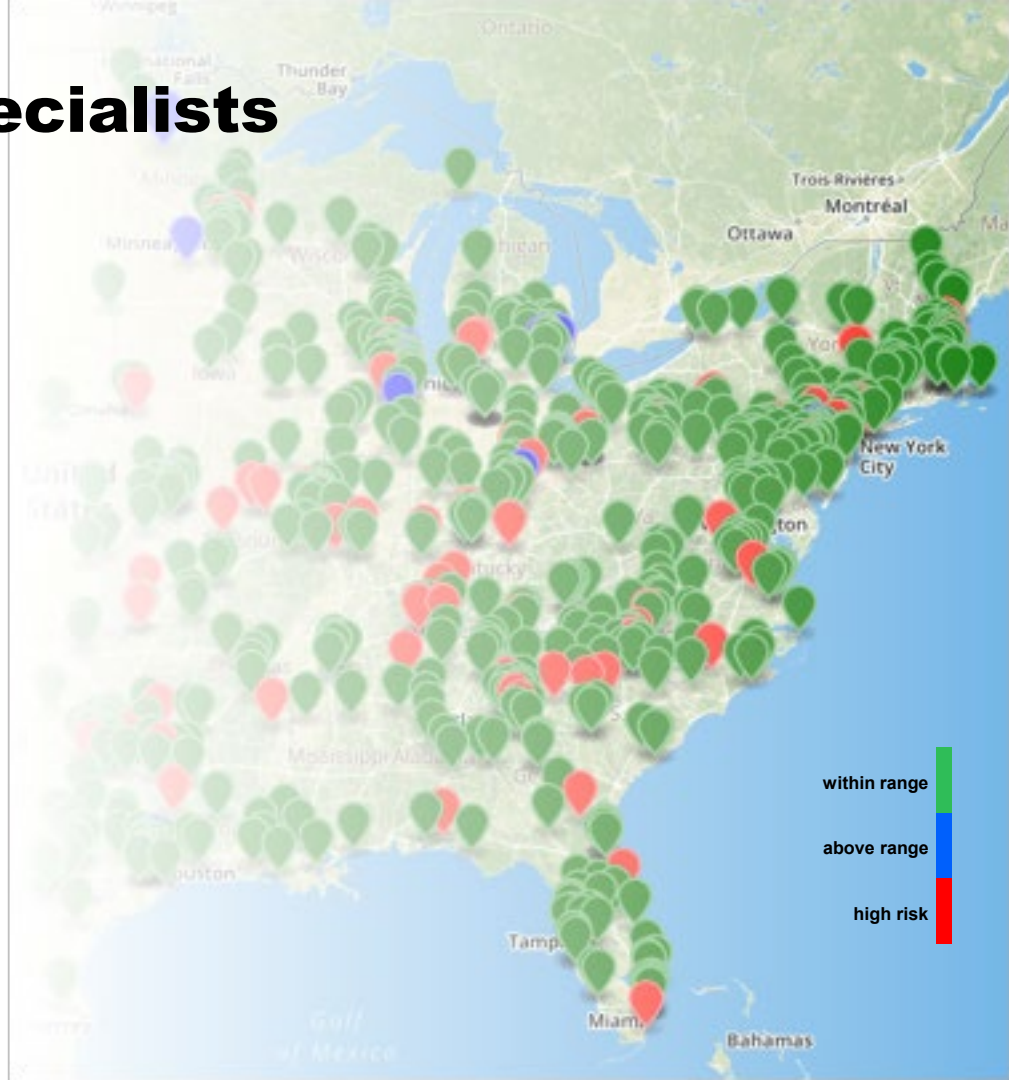# Diabetes Response Specialists

24/7 Remote monitoring for glucose readings out of normal range

99.96% Response rate within 3 minutes

Follows physician provided recommendations to stabilize and help Member return to target range

within range

above range

high risk

Livongo®

Registration

Multiple Ways to Join

- Online Registration: get.livongo.com/brown

- Member Support Call Center: (800) 945-4355

- Client Specific Registration Code: **[BROWN]**
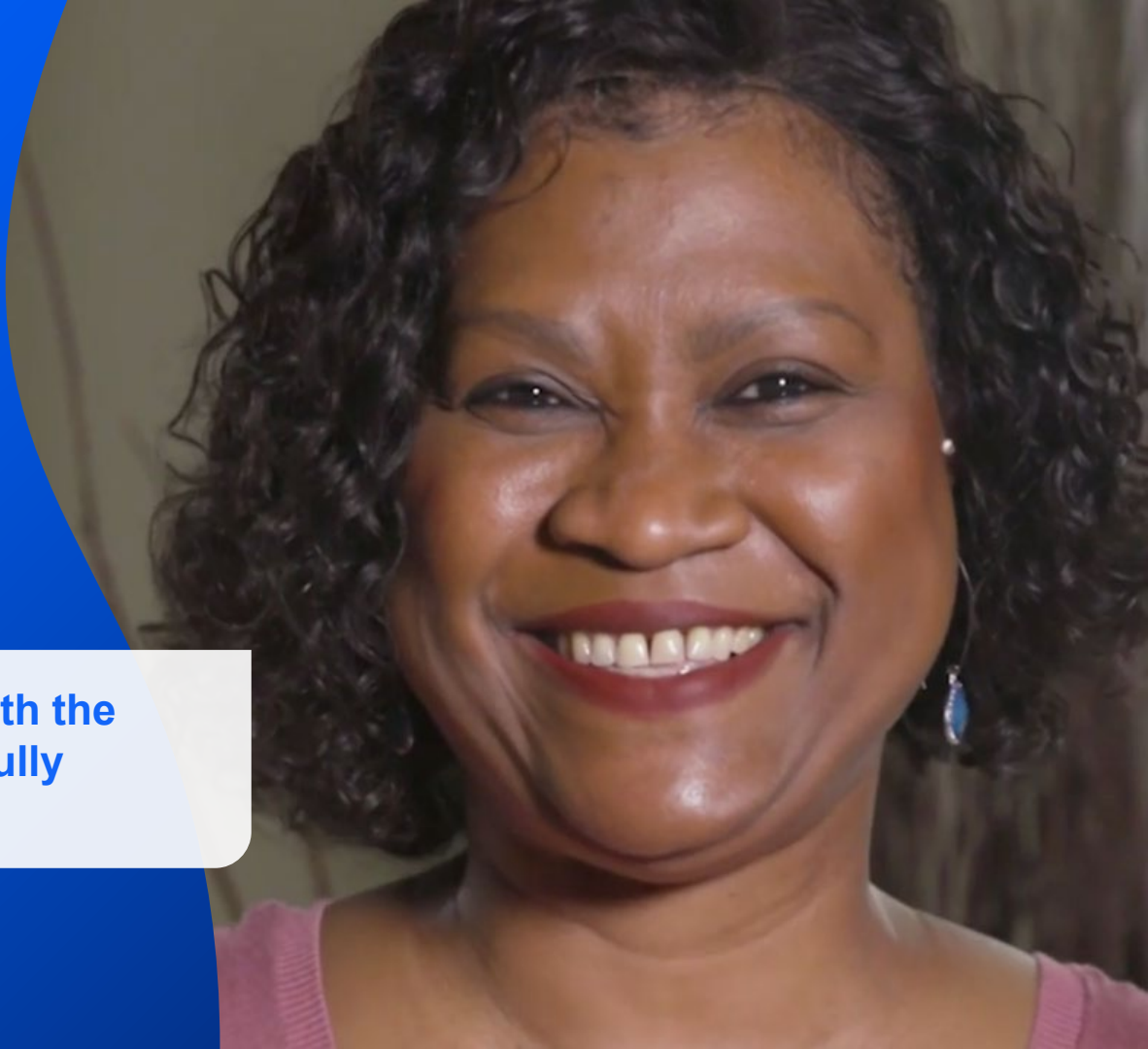
Information Gathered

- Personal Information: Name, Address, Email, Password

- Insurance information: Group & Member ID to validate eligibility

- Health Profile: To create a tailored experience from the start of the program

Livongo®

powered by technology,
guided by humanity.™

Thank you.

Appendix

Health Summary Reports

Send reports directly to care team with a few taps

Livongo App: A Unified Multi-Condition Experience

- **One unified app experience** whether Member has one or multiple conditions

- See **glucose patterns and trends** along with activity and other biometric data

- **Easy access** to coaching, supplies, and support