

- ▶ Health-changing.
- ▶ Habit-changing.
- ▶ Life-changing.
- ▶ *Join Livongo.*



Livongo gives you the technology, insights, and expert support to help you more easily manage high blood pressure. This free-to-you health benefit is paid for 100% by your employer. Join during open enrollment and start simplifying your health! The program is provided to you and your family members with high blood pressure and coverage through Blue Cross and Blue Shield of Montana (BCBSMT).

Smart Tools for Better Health



- Monitor your numbers
- Get personalized tips after every check
- Make lifestyle changes with help from trained coaches
- Stay on track with reminders when to check
- Send data directly to your doctor
- Know how you're doing with customized reports



Use registration code:
BCBSMT-Health

Online: ready.livongo.com/MTHTN

Phone: (800) 945-4355



Members must have primary insurance coverage through the Blue Cross and Blue Shield of Montana (BCBSMT) plan offering the Livongo program. For Administrative Services Only (ASO) and Preferred Provider Organizations (PPO) only. Not available for Fully Insured (FI) or Health Maintenance Organizations (HMO).

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