



# Diabetes management, your way

Get an advanced blood glucose meter and as many strips and lancets as you need, paid for by your plan sponsor—all at no cost to you.



Personalized tips with each blood sugar check



Real-time support when you're out of range



Strip re-ordering right from your meter



Optional alerts to keep contacts in the loop



Send a Health Summary Report directly from your meter



Automatic uploads mean no more paper logbooks

## Get started

Text **"GO UNIVERSITYOFUTAH"** to 85240 to learn more and join

You can also join by visiting **[Join.Livongo.com/UNIVERSITYOFUTAH/Register](https://Join.Livongo.com/UNIVERSITYOFUTAH/Register)** or call **800-945-4355** and use registration code: **UNIVERSITYOFUTAH**

Program includes trends and support on your secure Livongo account and mobile app but does not include a phone, tablet or smartwatch.

Las comunicaciones del programa Livongo están disponibles 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 [Hola.Livongo.com/UNIVERSITYOFUTAH](https://Hola.Livongo.com/UNIVERSITYOFUTAH)

Regence BlueCross BlueShield of Utah is an Independent Licensee of the Blue Cross and Blue Shield Association. Livongo is a separate company that provides care and disease management services. Livongo is not insurance, but it is offered in addition to your medical plan to help you get information and support when you need it. To opt out of the Livongo program, please contact Livongo Member Support at 1-800-945-4355.