



## Live Better with SimplePay Health and Livongo!

One of the best parts about being a SimplePay Health member is having access to a library of FREE clinical and wellness programs on the [Topics](#) page on your SimplePay Health member portal. This includes access to **Livongo for Diabetes** and **Livongo for Hypertension**: new health benefits at no cost to you that help make it easier to live with diabetes and high blood pressure.

### Who Can Join?

You, your spouse, or your dependent(s) enrolled in the SimplePay Health plan who are diagnosed with diabetes and/or hypertension.

### What You Get:

- **Connected Devices:** A blood glucose meter and blood pressure monitor that upload your readings to a secure online account; you'll also get valuable guidance and inspiration.
- **Support from Coaches When You Need It:** Communicate with coaches about diabetes and high blood pressure; ask your biggest questions on nutrition or making lifestyle changes.
- **Unlimited Strips at No Cost to You:** When you are about to run out, Livongo ships more supplies right to your door.



**Real Heroes of Diabetes:** [Click here](#) to learn how Sandy has made amazing strides towards her diabetes management goals by participating in the Livongo program.

**Enroll today:** [join.livongo.com/SIMPLEPAY/register](https://join.livongo.com/SIMPLEPAY/register)

### Have questions?

Contact your SimplePay Health Pro at [HealthPro@simplepayhealth.com](mailto:HealthPro@simplepayhealth.com) or **(800) 606-3564**.

### The Simple Way



Programs include trends and support on your secure Livongo account and mobile app but does not include a phone or tablet. You must have an iPhone or Android smartphone and install the Livongo app to participate in the Livongo for Hypertension Program.