



# Modern diabetes management, at no cost to you



**Livongo helps you stay on top of your health. It comes with an advanced meter, unlimited strips and lancets, and on-demand coaching.**

## Program benefits

- An advanced blood glucose meter
- Unlimited strips and lancets
- Personalized insights
- One-on-one coaching
- Guidance on healthy habits

## Get started

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

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

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 [bienvenido.livongo.com/MCTWF](https://bienvenido.livongo.com/MCTWF)

The Livongo for Diabetes program is offered at no cost to members with diabetes and medical coverage through the MCTWF Actives Plan or MCTWF Retirees Plan.

MCTWF is offering the Livongo for Diabetes program to MCTWF members who are diabetic with diabetes-related claim history and medical coverage through the MCTWF Actives Plan or MCTWF Retirees Plan. Medical records will be provided by Blue Cross Blue Shield of Michigan only for this sole and express purpose. All protected health information is kept strictly confidential and maintained in accordance with HIPAA privacy and security requirements.