



Diabetes management, redesigned

A personalized program that helps members understand their blood sugar, develop healthy habits and improve glycemic control, offered to Blue Cross and Blue Shield of Texas members and dependents.



Key elements of the Livongo offering

Our data-driven approach provides members with personalized, actionable and timely support to drive lasting outcomes.



EFFORTLESS DATA COLLECTION

- Cellular meter provides real-time feedback for glucose reading
- Unlimited strips remove barriers for checking
- Food and activity tracking to understand lifestyle habits



PERSONALIZED HEALTH SIGNALS

- Health challenges drive small changes for big wins
- HealthNudges™ deliver calls to action when members are most receptive



HUMAN-CENTERED APPROACH

- 24/7 remote monitoring with emergency outreach
- 1:1 live coaching from expert coaches



Proven impact

INDUSTRY-LEADING SATISFACTION¹

+64

NET PROMOTER SCORE

3-YEAR OUTCOMES²

7.0%

AVERAGE SUSTAINED HbA1c

Enterprise support



Dedicated implementation and success teams



Member communications and support



Reporting on engagement outcomes



Care coordination and integration

MEASURABLE CLINICAL OUTCOMES²

▼ 0.8%

HbA1c REDUCTION
AT 90 DAYS

\$131

PER PARTICIPANT,
PER MONTH (PPPM)
COST SAVINGS

3.4x

YEAR-1 ROI

Accredited and curriculum from the American Diabetes Association (ADA) and the Association of Diabetes Care & Education Specialists (ADCES).

¹Livongo data from 2019 S1.

²Livongo data on file (DS-3547).

LEARN MORE: Engage@Livongo.com

Livongo is part of Teladoc Health. Teladoc Health is transforming the healthcare experience and empowering people everywhere to live healthier lives. Recognized as the world leader in whole-person virtual care, Teladoc Health leverages more than a decade of expertise and data-driven insights to meet the growing virtual care needs of consumers and healthcare professionals.

