



# A plan for healthy living, tailored for you

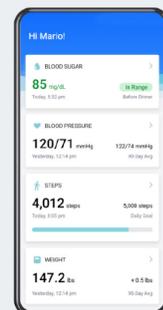
Livongo for Diabetes Prevention provides personalized tools to help you make healthy choices. It's available to you and offered by your employer or health plan.

## When you sign up, you'll get:

- An advanced smart scale and app
- One-on-one coaching
- Guidance and goals

## Get started

Text **"GO PEBB-MODA-DPP"** to 85240 to learn more and join  
You can also join by visiting [Healthy.Livongo.com/PEBB-MODA-DPP/register](https://Healthy.Livongo.com/PEBB-MODA-DPP/register)  
or call **800-945-4355** and use registration code: **PEBB-MODA-DPP**



The Diabetes Prevention Program is offered at no cost to Moda Health medical members and their covered dependents who qualify for Livongo. Moda Health has contracted with Livongo to provide the Diabetes Management Program to qualified members. This program is not insurance. 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/PEBB-MODA-DPP](https://Hola.Livongo.com/PEBB-MODA-DPP)

PM018140.A © Teladoc Health, Inc. All rights reserved.

