



## Hypertension Management program

# Heart health that lasts

You can achieve the healthy future you've imagined. Whether you're looking for exercise tips, simpler medication management, mental health resources or support for an ongoing condition, Livongo has the tools to help.

### Develop healthy habits that last with the Hypertension Management program:

- A smart blood pressure monitor that connects directly to your app
- Easy access to proven tools and expert advice
- Expert coaches to partner with you on your health journey
- Personalized support for out-of-range readings
- Mental health resources that can help you in the moment and for a lifetime

### You may be eligible for additional tools and devices depending on your health needs:

- A smart scale and easy access to your readings and progress
- Expert-created strategies to develop healthy habits that stick

## Get started

Text "GO MOSAIC" to 85240 to learn more and join  
You can also join by visiting [Easy.Livongo.com/MOSAIC/Register](http://Easy.Livongo.com/MOSAIC/Register)  
or call 800-945-4355 and use registration code: MOSAIC

To enroll in Livongo, you must opt in to at least one program that Mosaic offers as a health benefit. You must also meet the health criteria for each program you wish to enroll in. If a Livongo program is not offered by Mosaic, or if you do not meet the specific health criteria of that program, you will not be able to enroll.

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/MOSAIC](http://Hola.Livongo.com/MOSAIC)

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