

# Livongo means living the healthier life I want



Get the tools and coaching support you need to help manage your weight and prevent diabetes at no cost to you.

## Program benefits



An advanced smart scale



One-on-one coaching



Personal meal & nutrition plans



Easy-to-use app & dashboard



Guidance on healthy habits

## Get started

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

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

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](https://hola.livongo.com/MOSAIC)

This program is offered at absolutely no cost to you and your family members who qualify for Livongo and have medical coverage through the Cigna health plan. Please Note: Livongo coaching services are not part of the Mosaic Wellness Incentive Program.