



High blood pressure management, simplified



An advanced blood pressure monitor, support you need and your employer or health plan is covering 100% of the costs.

Program benefits

- Advanced blood pressure monitor
- Personalized insights
- One-on-one coaching
- Easy-to-use app & dashboard
- Guidance on healthy habits

Get started

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

You can also join by visiting Ready.Livongo.com/HBT/register or call **800-945-4355** and use registration code: **HBT**

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/HBT

You have access to this program at no cost through your Independence Blue Cross (Independence) health plan.

Once you enroll in Livongo Diabetes, you are entitled to automatically participate for a minimum of four (4) months. During your participation in the program, you will receive an Explanation of Benefits (EOB) even if you do not access services.

Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield—independent licensees of the Blue Cross and Blue Shield Association.