

# Livongo

## Diabetes Prevention, Made Achievable

Livongo is a holistic program that empowers people with health challenges to live better and do more. The best part? It's A fully CDC-recognized program that helps members focus on lifestyle behavior change to prevent diabetes all at no cost to you.

### Improve Your Lifestyle

Healthy Living & Diabetes Prevention combines live, expert coaching with smart technologies that support you every step of the way.

### Key Elements

#### Effortless Data Collection

- Cellular scale provides seamless weigh-ins
- Food and activity tracking to understand lifestyle habits

#### Personalized Health Signals

- Lessons provide evidence-based strategies for healthy living
- Health challenges drive small changes for big wins

#### Human-Centered Approach

- 1:1 live coaching from Livongo Expert Coaches
- Coach-led online meet-ups for support and accountability

### Who is eligible?

Employees and dependents 18+ enrolled in a Mister Car Wash® medical plan are eligible.

### Get Started and Learn More:

Register at:

[be.livongo.com/MISTER/register](https://be.livongo.com/MISTER/register)

Or call 800-945-4355

with code: MISTER



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