

# Livongo

## Hypertension Management, Modernized



We empower members to manage hypertension with a simple solution that tracks progress and delivers personalized interventions powered by clinical expertise and data science.

### Take Charge of Your Blood Pressure

Track your health with our connected blood pressure monitor. See all your readings in one place, get personalized tips after every check, share reports with doctors, and work toward your goals with help from experts at no cost to you.

#### Effortless Data Collection

- Connected blood pressure monitor to empower self-monitoring
- Food and activity tracking to understand lifestyle habits

#### Makes Data Actionable

- 'Drive to 5' campaign establishes baseline blood pressure and forms monitoring habit
- Health Nudges™ deliver calls to action when Members are most receptive
- Health challenges drive small changes for big wins

#### Expert Coaching

- 1:1 human and digital Livongo Expert Coaching support
- Medication support focused on Members with barriers to adherence

### 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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