

# Livongo

## Weight Management, Made Achievable



An evidence-based program that helps members manage their weight by focusing on lifestyle behavior change.

### Take Charge of Your Health

Get tools and coaching support to help lose weight, keep it off, and develop long-term healthier habits all at no cost to you. Our Weight Management program helps you lose weight, learn smart strategies for a healthier lifestyle, and create better habits.

### Program Benefits

#### Effortless Data Collection

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

#### Makes Data Actionable

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

#### Expert Coaching

- 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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