



# High blood pressure management, your way



**Get an advanced blood pressure monitor and the support you need, and your plan sponsor covers 100% of the costs.**

## **Tools and techniques that work for you:**

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

## **Get started**

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

**You can also join by visiting [Ready.Livongo.com/WESTERNHEALTHADV/register](https://Ready.Livongo.com/WESTERNHEALTHADV/register)**

**or call 800-945-4355 and use registration code: WESTERNHEALTHADV**

Program includes trends and support on your secure Livongo account and mobile app but does not include a phone, tablet or smartwatch.

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 [bienvenido.livongo.com/WESTERNHEALTHADV](https://bienvenido.livongo.com/WESTERNHEALTHADV)

Livongo for Hypertension is offered to WHA members with high blood pressure and coverage through the plan.