

# Empower your employees to improve their diabetes



Livongo's personalized, data-driven program supports improved diabetes management for your employees as they move through their daily lives.

More than 10 percent of the population has been diagnosed with diabetes, and cases are increasing most rapidly in the 18 – 34 age group.<sup>1</sup> Diabetes ranks third in terms of health impact on quality of life and cost.<sup>2</sup>

With Livongo's diabetes management solution, your eligible employees will receive:

- A cellular-connected, interactive blood glucose meter
- Unlimited glucose testing supplies, including test strips, that are automatically shipped when supplies run low
- Health Nudges based on your employee's blood glucose patterns to support behavior change
- Digital tools across mobile and web
- One-on-one coaching
- Remote monitoring and outreach when glucose readings are out of normal range

**LIVONGO: A PROVEN DIABETES MANAGEMENT SOLUTION**

**30%**

EMPLOYEE ENROLLMENT RATE

**\$131**

PER PATIENT PER MONTH (PPPM)  
COST-SAVINGS<sup>3</sup>

**3.4x**

YEAR 1 ROI<sup>3</sup>

## A science-driven approach for lasting outcomes



### Data monitoring with connected technology

Your participating employees will receive a blood glucose monitor with an easy-to-use touchscreen. Their readings are sent seamlessly to the Livongo cloud, allowing for real-time analytics, insights, and remote monitoring. Through the Livongo platform, your employees can easily share health data with their health care providers and family members, contact a coach, and contact Livongo member support. The device also automatically triggers orders of testing supplies, such as test strips and lancets, when the user's supply gets low.



### Driving behavior change

Livongo meters do much more than check blood glucose — they help drive behavior change. The meter interprets the data collected, offering your employees tips on how to improve their readings. Your employees also get personalized Health Nudges based on their blood glucose patterns. Health Nudges include invitations to review data insights, recipe ideas for healthy meals, and other content about managing diabetes. The device also tracks medication adherence, and non-adherent employees who don't have their blood glucose under control will receive proactive outreach.



## Support from expert coaches

Digital engagement is proven to be effective, but sometimes your employees just need to connect with someone to discuss their unique needs. Livongo's coaches follow the American Association of Diabetes Educators *AADE7 Self-Care Behaviors*<sup>®</sup> curriculum to guide and support your employees in managing their diabetes. These expert coaches are available for one-on-one live coaching and 24/7 remote monitoring, with emergency outreach in the case of extreme blood glucose readings.

## Why Livongo through Independence

Advantages of purchasing the Livongo program through Independence Blue Cross (Independence):

- Claims-based payment process
- No administrative fee and preferred pricing, as compared with direct-to-customer pricing
- Livongo and Independence representatives help manage all aspects of the program, from implementation to ongoing support
- Lower implementation burden as a result of Independence's contracting efforts and employee eligibility determinations
- Reporting on engagement, satisfaction, and outcomes

### MEASURABLE CLINICAL OUTCOMES<sup>3</sup>

# 0.8%

REDUCTION IN HbA1c AT 90 DAYS

# 15%

REDUCTION IN HYPOGLYCEMIA

# 7.0%

AVERAGE SUSTAINED HbA1c AT  
THREE YEARS



1 2020 National Diabetes Statistics Report <https://www.cdc.gov/diabetes/data/statistics/statistics-report.html>

2 Blue Cross Blue Shield (BCBS) Health Index

3 Based on Livongo's internal reporting on average engagement rate across current customers and partner contracts

Livongo is an independent company.

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.