



STEP INTO THE NO-COST WAY TO MANAGE YOUR WEIGHT  
AND LIVE HEALTHIER AT [STEPIN.LIVONGO.COM](https://stepin.livongo.com)

**PLEASE SEE THE ACCOMPANYING LETTER FOR YOUR REGISTRATION CODE.**

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**StepIn™**  
PREDICT PREPARE PREVENT

Weight Loss  
Made Easier  
At No Cost to You

 **Livongo®**  **EXPRESS SCRIPTS™**

**\$0**  
per month



## Step in & live healthier, at no cost to you

You're invited to step into a new program that helps you lose weight, feel better, and tackle chronic health conditions.

This personalized program combines one-on-one coaching and advanced technology to give you tools, insights, and expert support to help you develop healthy habits that last.

And since it's fully covered by your prescription benefit plan through your employer or health plan, it's free to you to participate!

**TAKE YOUR FIRST STEP AT [STEPIN.LIVONGO.COM](https://stepin.livongo.com)**

STEP IN THE RIGHT DIRECTION



JODI P., HEALTH COACH

## Tools, tracking, and support

We're on a mission to help you live healthier, be happier, and feel more empowered. You'll receive tools and support, all at **no cost to you**. Program benefits include:



A smart scale that syncs to your mobile app



Tracking for weight and activity



One-on-one coaching for expert advice and ongoing support



A secure mobile app to track your progress



A custom health plan for your goals and lifestyle



Guided mini challenges on food, sleep, stress, and more

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TODD A., 66 LBS LOST

“I’m now running outside with my daughter and feeling better than ever.”

With the help of our program, including unlimited one-on-one coaching, Todd **lost 66 lbs!** His physician eventually took Todd off his medication for blood pressure and high cholesterol.

Now he feels better, sleeps better, and can easily keep up with his 4-year-old daughter when she wants to play.

The testimonials, statements, and opinions presented are applicable to the individuals depicted. Each member's exact results and experience will be unique and individual to each member. The testimonials are voluntarily provided and are not paid.

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The program includes trends and support on your secure Livongo account and mobile app. Program does not include tablet or phone.

## We'll make suggestions, but you call the shots.

You know yourself better than anyone. That's why our health coaches work with you to create a plan that best fits your needs and lifestyle.

Connect whenever it's convenient for you, and get advice on nutrition, meal plans, weight loss, and more — all based on your specific questions and goals. It's unlimited support, motivation, and accountability.

“The app, dashboard and unlimited messaging with my coach make it easy for me to engage with the program, and it's really tailored to me.”

- Susan W. - Livongo Member



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## Get started today

- 1 Register on our website at [STEPIN.LIVONGO.COM](https://STEPIN.LIVONGO.COM) or call (800) 945-4355 and have the code in your letter handy.
- 2 Download the mobile app, log into your account, and schedule your first one-on-one coaching session.
- 3 Look for your new scale to arrive within 1-2 weeks!

TAKE YOUR FIRST STEP AT [STEPIN.LIVONGO.COM](https://STEPIN.LIVONGO.COM)