

# Chronic Care Management

We help members manage chronic conditions like diabetes, hypertension, and high cholesterol by providing education, diet and exercise tips. We can even provide referrals to providers, and order your medical supplies for you!

HealthEZ's team of health care professionals believe that partnership and realistic support are the keys to lasting change.

HealthEZ works with a program called Livongo which helps you stay on top of your health. Join today and get connected devices, personalized guidance, on-demand coaching, an easy-to-use app, and more for help managing:

- Pre-diabetes
- Diabetes
- Hypertension

The program is offered at no cost to you and your family members with coverage through the company health plan.



For Chronic Care Management assistance, email [medical.management@healthez.com](mailto:medical.management@healthez.com) or call 800-668-3893.

## Connected Devices

Livongo connected devices send readings right to your mobile app. View trends in one place and get personalized tips to help you live healthier.

## Expert Health Coaching

Our expert coaches can help create a custom plan that fits your lifestyle. Get advice on healthy eating, exercise, and more.

# GET STARTED

Register at [be.livongo.com/HEALTHEZ/register](https://be.livongo.com/HEALTHEZ/register) or call (800) 945-4355 with code: **HEALTHEZ**

To enroll in Livongo, you must opt into at least one program that [Client name/Health Plan] offers as a health benefit. You must also meet the health criteria for each program you wish to enroll in. If a Livongo program is not offered by [Client name/Health Plan], or if you do not meet the specific health criteria of that program, you will not be able to enroll.

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