



Livongo for Diabetes and Livongo for Hypertension: Health Benefits at No Cost to You that Help Make it Easier to Live with Diabetes and High Blood Pressure

Who can join:

The Livongo program is offered at no cost to associates and dependents covered under the medical and Rx plan.

What you get:

- **Connected Devices:** A blood glucose meter and blood pressure monitor that upload your readings to a secure online account; you'll also get valuable guidance and inspiration.
- **Support from Coaches When You Need It:** Communicate with coaches about diabetes and high blood pressure; ask your biggest questions on nutrition or making lifestyle changes.
- **Unlimited Strips at No Cost to You:** When you are about to run out, we ship more supplies right to your door.

Enroll today: welcome.livongo.com/BELK

Programs include trends and support on your secure Livongo account and mobile app but does not include a phone or tablet. You must have an iPhone or Android smartphone and install the Livongo app to participate in the Livongo for Hypertension Program.

The Livongo program is completely voluntary and you may opt out of the program at any time. The Livongo program is being offered to you by Belk as a supplement to your professional medical care and is not intended to be a substitute for professional medical advice or treatment. If you are under the care of a doctor and receive advice different from the information contained in this correspondence or otherwise through the Livongo program, follow the doctor's advice. See your doctor if you are experiencing any hypertension or diabetes symptoms or health problems.

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