



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 INFRAMARK"** to 85240 to learn more and join

You can also join by visiting Ready.Livongo.com/INFRAMARK/register or call **800-945-4355** and use registration code: **INFRAMARK**

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/INFRAMARK

The Livongo program is offered at no cost to employees and dependents covered under the Inframark Health Plan.