



# A program to help you manage your diabetes

Testing and tracking your blood glucose levels is critical to successfully managing your diabetes, but it can be a time-consuming, manual process.

Now, there's a better way. We'd like to introduce you to the Livongo connected meter. With this connected meter, every time you test your blood glucose levels, your numbers will be automatically sent to a secure online account.\*

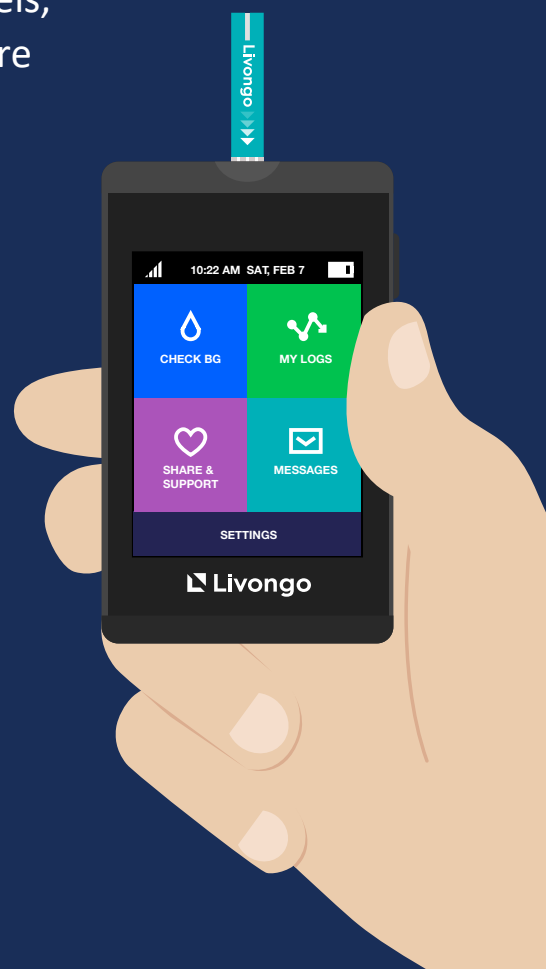
With Livongo, you can easily:

- Track your levels, see trends and share your data with whomever you choose\*\*
- Get unlimited test strips and lancets delivered to your door with no out-of-pocket cost
- Get personalized tips in real-time to help you stay on track and make informed choices.

## Two ways to get started today

**Online:** visit [join.livongo.com/FAIRFAX](https://join.livongo.com/FAIRFAX) and provide your registration code: **FAIRFAX**

**Phone:** call your dedicated Livongo Team at 1-800-945-4355



See next page for additional program benefits to help you manage your diabetes.

# Additional program benefits include:

## **Diabetes monitoring visits at any MinuteClinic® location.**

Get two monitoring visits per year at no out-of-pocket cost to you. These visits are designed to help prevent diabetes-related conditions and include:

A1c testing, foot exams, body mass index (BMI) assessment, diet consultation, and blood pressure and cholesterol checks.

*No appointment is necessary, just bring the program voucher with you to any MinuteClinic location.*

## **Personalized, one-on-one coaching with a pharmacist.**

Need help managing your diabetes medications? If you pick up at a CVS Pharmacy®, stop in and speak to a pharmacist. If you get delivery by mail, call the number on your member ID card to speak with a CVS Caremark® pharmacist.



\*Your employer offers this program at no cost to you. Program availability is subject to change. You will be notified if the program is no longer available. This program is not a substitute for medical care provided by your doctor and is not a replacement for the advice or treatment you may be receiving from your doctor for your diabetes. In the event of a medical emergency, contact 9-1-1.

\*\*By participating in this program, you are consenting to Livongo sharing your personal information, including health information such as your glucose readings, with CVS Caremark to help you manage your diabetes. Information shared with CVS Caremark is protected by HIPAA and may result in a CVS Caremark pharmacist reaching out to you. CVS Caremark may also coordinate with your health care provider.

Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

©2018 CVS Caremark. All rights reserved. 7337-41978F-FAIRFAX 071318