

Christian Brothers Services

# Health & Benefits

Livongo Health



## A New Approach to Managing Diabetes

*Christian Brothers Religious Medical Trust has partnered with Livongo Health to assist participants living with diabetes*

Currently, there are 29 million people in the U.S. living with diabetes. In addition, according to the American Diabetes Association, more than 25 percent of the U.S. population over age 20 is pre-diabetic, resulting in \$176 billion in direct medical costs related to the disease. Diabetes presents an enormous problem for our health care system.

The Christian Brothers Religious Medical Trust (CBRMT) is committed to making a difference in the lives of the nearly 10 percent of participants covered by the Trust currently living with diabetes, and for the institutes who pay for their care.

As a result, CBRMT has collaborated with Livongo Health to make diabetes management easier. Livongo Health has designed a complete end-to-end solution for diabetes management that uses cellular technology to automatically upload readings to provide participants with access to data analysis and real-time personalized insights.

Livongo Health offers an innovative diabetes remote monitoring solution aimed at helping patients with diabetes better manage their blood sugar levels, so they can prevent both short and long-term complications and reduce their overall health care costs.

It's now easier than ever for people living with diabetes to manage their daily care, get their results and receive medical advice.

### Member Benefits

Members who have diabetes will be contacted with information on how to enroll. Those who enroll in the program will receive:

- Livongo Welcome Kit: Get a Livongo In Touch® meter, which tracks strip usage and prompts members with targeted messaging, a lancing device, 150 test strips, 100 lancets and a carrying case.
- Unlimited checking supplies (test strips, lancets and meter). Have test strips and lancets shipped to you whenever you need them.
- Real-time 24/7 interventions by Certified Diabetes Educators for members with dangerous (high and/or low) blood sugar levels.
- Online access: Access your readings, along with graphs and insights, online or on your mobile device.

Livongo Health provides personalized support through the meter and its mobile app, and provides coaches to help participants make better decisions about diabetes management.

**NOTE: It takes less than 10 minutes to register. For those under 65 (non-Medicare): [welcome.livongo.com/ActiveRMT](http://welcome.livongo.com/ActiveRMT); For those over 65 and on Medicare: [welcome.livongo.com/MedicareRMT](http://welcome.livongo.com/MedicareRMT) or call the member support center at 800.945.4355.**

