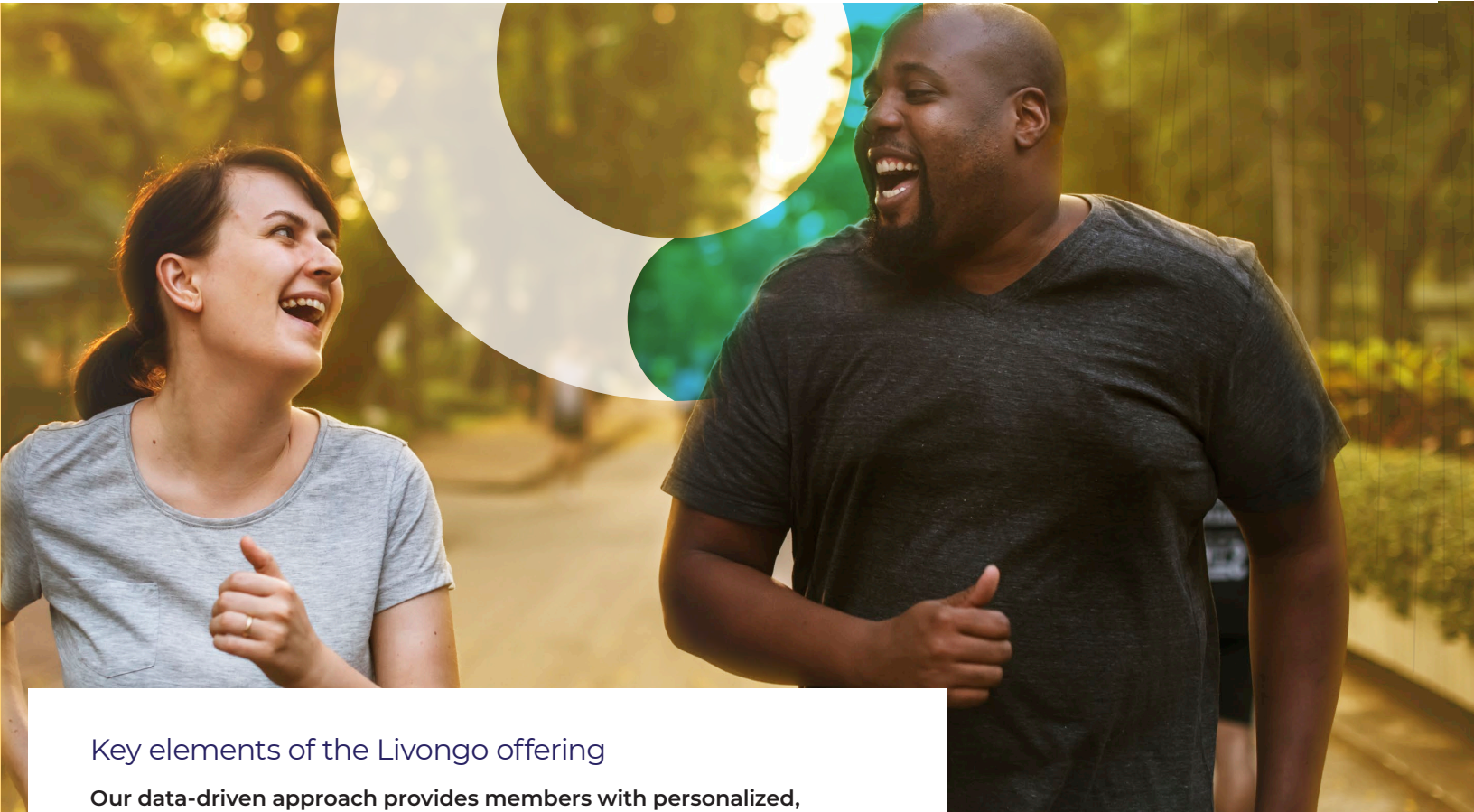




# Diabetes prevention, made achievable

A fully CDC-recognized program that helps members focus on lifestyle behavior change to prevent diabetes.



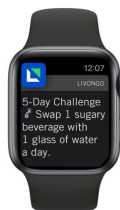
## Key elements of the Livongo offering

Our data-driven approach provides members with personalized, actionable and timely support to drive lasting outcomes.



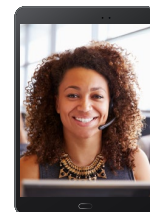
### EFFORTLESS DATA COLLECTION

- Cellular scale provides seamless weigh-ins
- Food and activity tracking to understand lifestyle habits



### PERSONALIZED HEALTH SIGNALS

- Lessons provide evidence-based strategies for healthy living
- Health challenges drive small changes for big wins



### HUMAN-CENTERED APPROACH

- 1:1 live coaching from Livongo expert coaches
- Coach-led online meet-ups for support and accountability



## Proven impact

### MEASURABLE CLINICAL OUTCOMES AT 12 MONTHS<sup>1</sup>

46%

LOST ≥5% OF  
STARTING WEIGHT

5.3%

AVERAGE  
WEIGHT LOSS

79%

LOST WEIGHT

1.8

AVERAGE  
BODY MASS INDEX (BMI)  
REDUCTION

### DEMONSTRATED RETURN ON INVESTMENT<sup>2</sup>

\$9,295

3-YEAR SAVINGS FOR EACH  
DIABETES CASE AVOIDED

1.4x

3-YEAR ROI

### Enterprise support



Dedicated  
implementation  
and success teams



Member  
communications  
and support



Reporting on  
engagement  
outcomes

CDC recognized program.

<sup>1</sup>Data on file (DS-2321).

<sup>2</sup>Livongo internal ROI analysis as of February 2019, data on file.

**LEARN MORE:** [TeladocHealth.com](https://TeladocHealth.com) | [engage@teladocohealth.com](mailto:engage@teladocohealth.com)

**About Teladoc Health:** Teladoc Health is transforming the healthcare experience and empowering people everywhere to live healthier lives. Recognized as the world leader in whole-person virtual care, Teladoc Health leverages more than a decade of expertise and data-driven insights to meet the growing virtual care needs of consumers and healthcare professionals.

**Teladoc**  
HEALTH