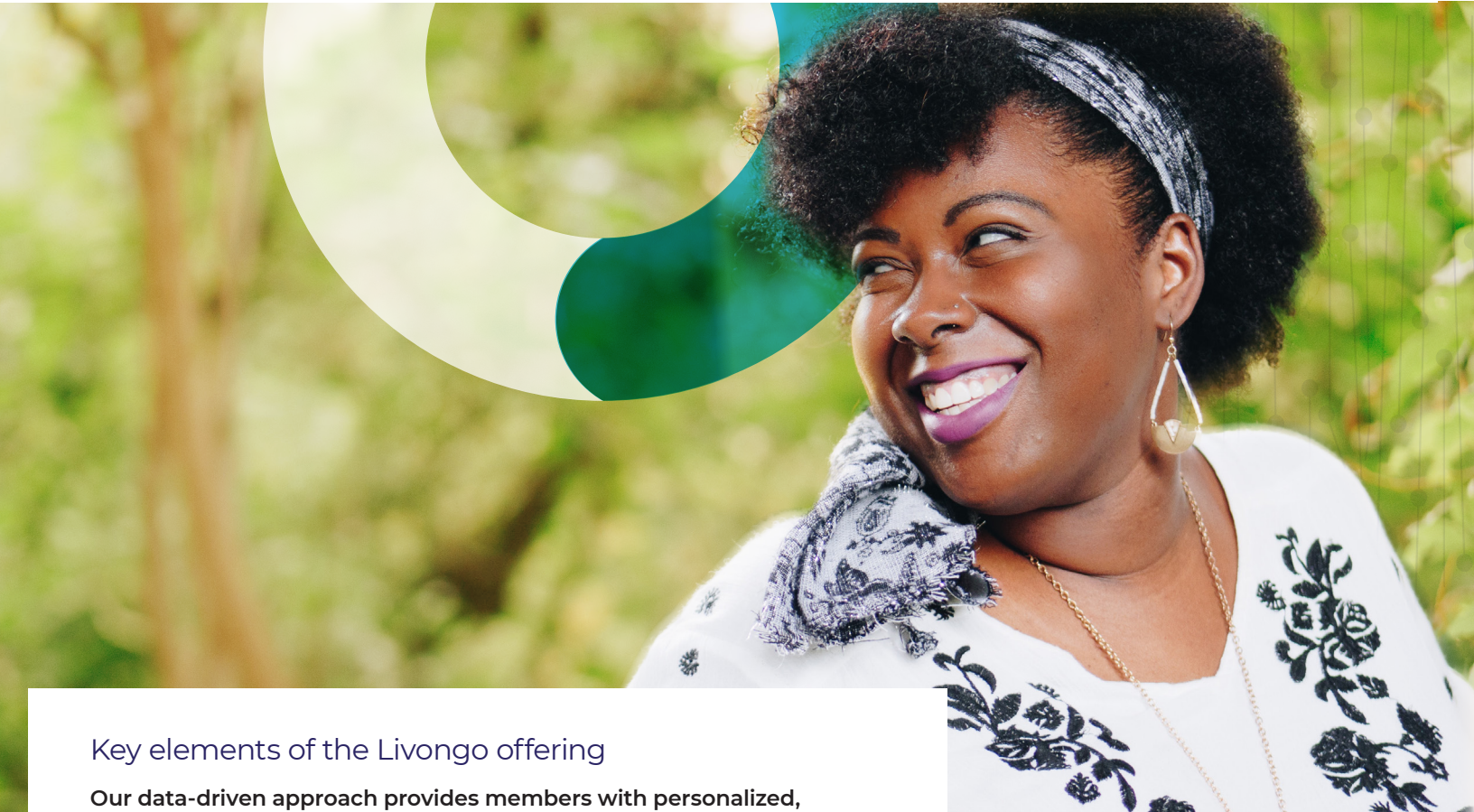




# Hypertension management, modernized

We empower members to manage hypertension with a simple solution that tracks progress and delivers personalized interventions powered by clinical expertise and data science.



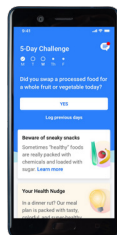
## Key elements of the Livongo offering

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



### EFFORTLESS DATA COLLECTION

- Connected blood pressure monitor to empower self-monitoring
- Food and activity tracking to understand lifestyle habits



### PERSONALIZED HEALTH SIGNALS

- "Drive to 5" campaign establishes baseline blood pressure and forms monitoring habit
- Health Nudges™ deliver calls to action when members are most receptive (coming soon)



### HUMAN-CENTERED APPROACH

- 1:1 human and digital Livongo expert coaching support
- Medication support focused on members with barriers to adherence



## Proven impact

### INDUSTRY-LEADING SATISFACTION<sup>1</sup>

+76

NET PROMOTER SCORE

### MEASURABLE CLINICAL OUTCOMES<sup>2</sup>

▼ 9mmHg

FOR MEMBERS WITH STARTING  
BLOOD PRESSURE >130/80

▼ 12mmHg

FOR MEMBERS WITH STARTING  
BLOOD PRESSURE >140/90

### PROJECTED COST SAVINGS<sup>2</sup>

\$58

PPPM COST SAVINGS

1.5x

ANNUAL EXPECTED ROI

### Enterprise support



Dedicated  
implementation  
and success teams



Member  
communications  
and support



Reporting on  
engagement  
outcomes



Care coordination  
and integration

Curriculum from the American Heart Association

<sup>1</sup>Hypertension book of business as of November 2018.

<sup>2</sup>Based on Livongo HTN ROI model; white paper available upon request.

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