

# Helping to Make Living with Diabetes Easier

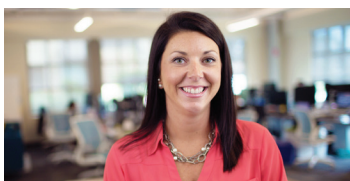
Transform Diabetes Care® is a new approach to diabetes management that combines Livongo's advanced technology with coaching to support you with your diabetes.

It is available at no cost to you as part of your CVS Caremark® prescription benefit plan offered by the National Association of Letter Carriers Health Benefit Plan.

**El programa Livongo está disponible en Español**  
Cuando se registre, usted seteará el idioma de preferencia y luego el medidor y el programa estarán en Español.

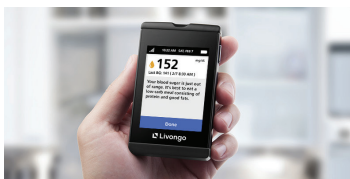


## Join Livongo Now for These Benefits



### Coaching Anytime and Anywhere

Your Livongo coach is a Certified Diabetes Educator who provides support for your questions on nutrition or lifestyle changes.



### Tips to Help You Stay on Track

With each check of your blood glucose using the Livongo meter, you receive a personalized message to help you make choices about your diabetes.



### Strips at No Cost to You

Get as many strips and lancets as you need with no hidden costs. When you are about to run out, we ship more supplies, right to your door.



## Extra Support at CVS Pharmacy® and MinuteClinic®

**Personalized one-on-one coaching with a pharmacist.** If you pick up your medications at a CVS Pharmacy, stop in and speak to a pharmacist. If you get delivery of your medications by mail, call the Customer Care number on your member ID card to speak with a CVS Caremark pharmacist.

**Two diabetes preventative monitoring visits at any MinuteClinic location.** These visits may help prevent diabetes-related conditions. There's no out-of-pocket cost to you and no appointment needed.

Learn More and Enroll Today:

[join.livongo.com/NALC/cheers](https://join.livongo.com/NALC/cheers)

Use Registration Code: NALC

Have Questions or Need Help Enrolling?

Call Livongo Member Support at (800) 945-4355

Para registrarse en Español, por favor llame al (800) 945-4355 o visite [bienvenido.livongo.com/NALC](https://bienvenido.livongo.com/NALC)

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