



Modern blood pressure management at no cost to you

An advanced blood pressure monitor and the support you need 100% paid for by Educational Benefit Cooperative (EBC).



It's all for you and all on the house:



A connected blood pressure monitor



Reminders you can set to check your blood pressure



Support from coaches when you need it



Summary reports you can send to your doctor



Automatic uploads mean no more writing down numbers



Advice on what to eat and how to live healthier

Unlimited support. Unlimited inspiration. It's all at no cost to you.

Get started

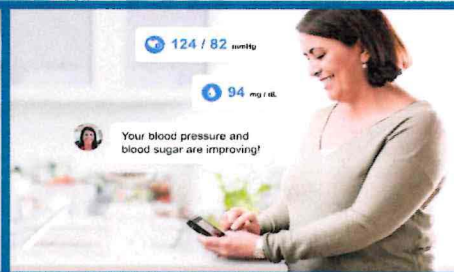
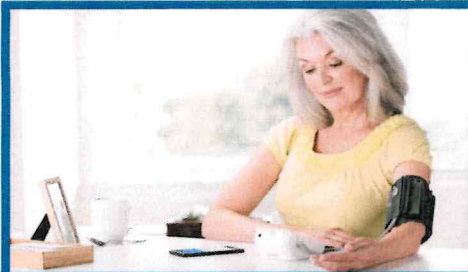
Text **"GO EBC"** to 85240 to learn more and join

You can also join by visiting Ready.Livongo.com/EBC/register or call **800-945-4355** and use registration code: **EBC**

Las comunicaciones del programa Livongo están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-945-4355 o visite 800-945-4355/EBC. The program is provided to you and your family members with high blood pressure and coverage through the Blue Cross and Blue Shield of Illinois PPO medical plan. The information provided here is not intended as medical advice, nor meant to be a substitute for the individual medical judgment of a doctor or other health care professional. Members must have primary insurance coverage through the Blue Cross and Blue Shield of Illinois plan offering the Livongo program. For Administrative Services Only (ASO) and Preferred Provider Organizations (PPO) only. Not available for Fully Insured (FI) or Health Maintenance Organizations (HMO).

Blood Pressure Management Made Easy

Available to non-HMO
Members



Seamless blood pressure syncing

- Cellular-connected BP monitor and cuff for background syncing of readings
- Easy remote monitoring via wireless-connected blood pressure cuff
- Notifications for high blood pressure readings and reminders to check blood pressure

Resources for blood pressure management

- Monitor high blood pressure, manage weight and easy sharing of insights into BP trends
- Member-initiated reports (with blood pressure readings and trends) enable more focused conversations with a clinician

Powered by clinical expertise & data science

- Intuitive mobile experience to track progress and receive personalized, clinically grounded coaching and educational content

Trusted, real-time support

- Licensed Hypertension Educators deliver 24/7 virtual care
- Digital alerts
- Live coaching