



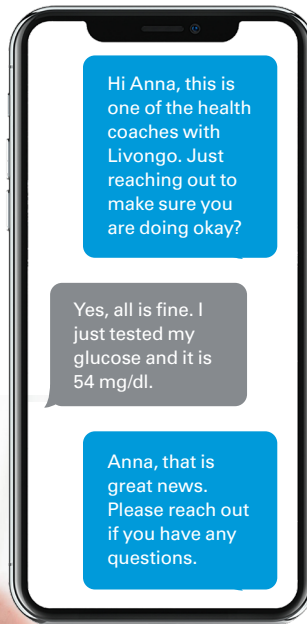
Diabetes Self Management

Strips, lancets, and a digital glucose monitor, at no additional cost.

When you have diabetes, there's a lot to keep up with every day.

The Livongo for Diabetes program makes it easier to keep track of your blood sugar. If you qualify, we'll send you a free glucose meter, plus all the strips and lancets you need.

This easy digital program helps track your glucose and provide instant support for abnormal readings.



Livongo's glucose meter offers:



Personalized tips with each blood glucose check



Optional family alerts to keep everyone in the loop



Ability to reorder strips from your meter



Real-time support when you're out of range



Automatic uploads, which replace paper logbooks

Sign up by visiting Join.Livongo.com/BlueKC/register and use code **BlueKC or calling **800-945-4355**.**

Download the Blue KC Care Management app and use access code **kcelpwelcome** to learn more.



Join.Livongo.com



Blue KC Care Management

For costs and further details of the coverage, including exclusions, any reductions or limitations and the terms under which the policy may be continued in force, see your insurance producer or write Blue KC.

NOTE: The Member Guide provides a general overview of services and benefits that may be included in some Blue KC health plans. Because coverage details can vary, we encourage you to review your specific plan documents for accurate information. For details about your coverage, please refer to your Summary of Benefits and Coverage (SBC) by visiting MyBlueKC.com and clicking on **Plan Benefits**.