



# Chronic Condition Management

PM019854.A

# Chronic Condition Management Programs

AN OVERVIEW



## Diabetes Management

Connected **blood glucose meter**, unlimited testing strips, personalized insights, 24/7 expert support and custom alerts



## Diabetes Prevention

Connected **smart scale**, unlimited access to a team of **expert coaches**, CDC-approved lessons, and activity and food tracking



## Hypertension

Connected **blood pressure monitor**, personalized insights, **shareable reports** and access to expert health coaches



## Weight Management

Activity and food logging, connected smart scale, and **expert coaches** ready to build your **personalized plan**

“

## CHRONIC CONDITION MANAGEMENT

It's really about having those tools to monitor myself, holding myself accountable by writing down what I eat, what I put in my mouth. But it's also taking my blood pressure on a regular basis and it's also about me making sure that I weigh myself to again, hold myself accountable."

**Lisa E.**

*Hypertension + Weight Management Programs*



# Diabetes Management

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# Diabetes Management Program



You have access to a **personalized experience** that helps you understand your blood sugar, develop healthy lifestyle habits and improve glycemic control.



## Effortless Data Collection

- Cellular meter provides real-time feedback for blood glucose reading
- Unlimited strips remove barriers for checking
- Food and activity tracking to understand lifestyle habits



## Personalized Health Signals

- Health challenges drive small changes for big wins
- Health Nudges™ deliver calls to action when members are most receptive



## Human-Centered Approach

- 24/7 emergency support
- 1:1 live coaching

# Diabetes Program Components

Connected blood glucose meter



Coaching and real-time support



Unlimited strips and lancets



In-app experience



Health Summary Reports



Personalized Health Signals





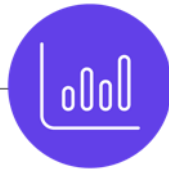
# Hypertension Management

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# Hypertension Management Program



You have access to a **personalized experience** that helps you understand and monitor your blood pressure while developing healthy lifestyle habits.



## Effortless Data Collection

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



## Personalized Health Signals

- Health challenges drive small changes for big wins
- Health Nudges™ deliver calls to action when Members are most receptive

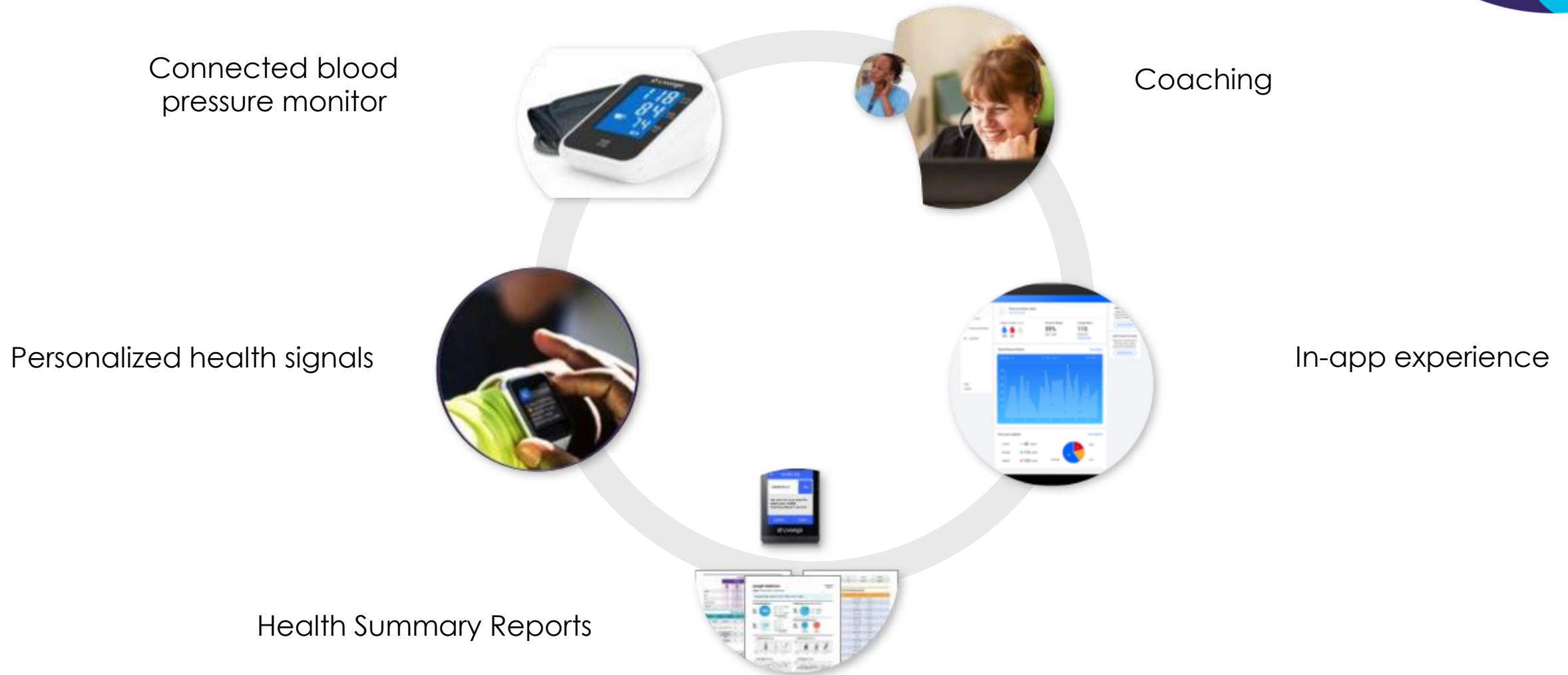


## Human-Centered Approach

- 1:1 human and digital expert coaching
- Medication support focused to keep you on track.



# Hypertension Management Components





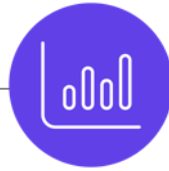
# Diabetes Prevention Program

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# Diabetes Prevention Program



You have access to a program that helps members focus on **lifestyle behavior changes** to prevent diabetes.



## 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

- Coach-led online meet-ups for support and accountability
- 1:1 live coaching from Expert Coaches

Those who are pregnant, have diabetes, or have a BMI that's lower than the program minimum may not qualify for the Diabetes Prevention program.

# Diabetes Prevention Program Components

Connected Scale



Food Logging & Fitness Tracking



Learning Curriculum and Content



Feedback Coaching & Support



Health Challenges





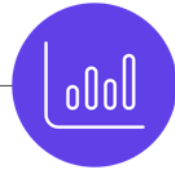
# Weight Management

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# Weight Management Program



You have access to a program that helps you focus on **lifestyle behavior change** for weight management.



## 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

- Coach-led online meet-ups for support and accountability
- 1:1 live coaching from Expert Coaches

# Weight Management Program Components

