

An integrated approach to chronic condition management

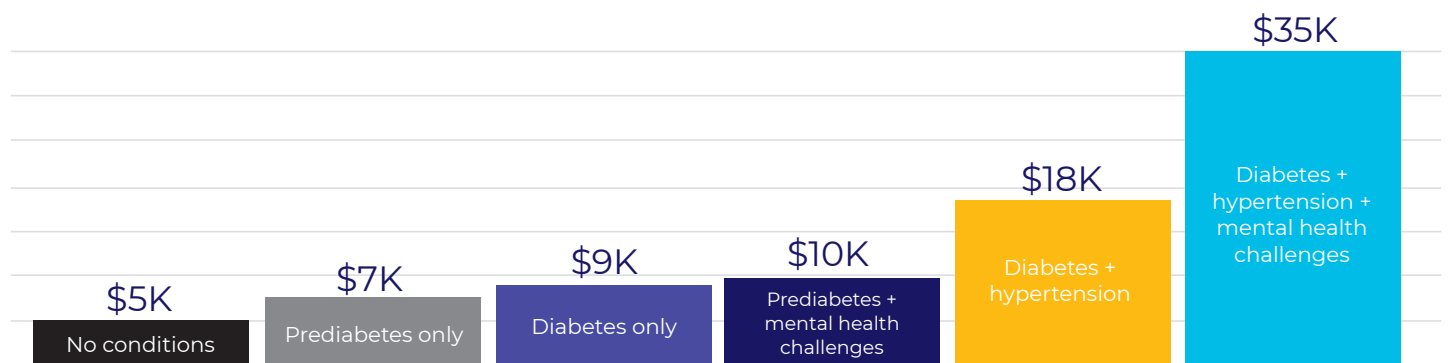


The need

1. Chronic conditions do not exist in isolation

- People with chronic conditions have 2-3 on average¹

2. Multiple conditions drive exponential costs



3. Point solutions do not scale

- They can't address the challenges that one condition has on other aspects of a person's health
- Members have to contend with multiple uncoordinated programs
- Clients have to manage stacked costs and separate reporting

Livongo Whole-Person solutions

Three solutions—each characterized by an anchor condition—offer a better, more effective way to manage multiple health challenges.

DIABETES SOLUTION

- Hypertension
- Dyslipidemia
- Weight Management
- Mental Health

PREDIABETES SOLUTION

- Hypertension
- Dyslipidemia
- Weight Management
- Mental Health

CARDIOVASCULAR SOLUTION

- Dyslipidemia
- Weight Management
- Mental Health



For members

Personalized, actionable and timely support across multiple conditions

- Lifestyle behavior change tools
- Medication optimization
- Expert health coaching
- Provider coordination
- Cellular-connected devices
- Personalized plans for reaching health goals

For clients

- A simple, streamlined enterprise experience
- Single implementation for multiple condition needs
- Integrated billing, reporting and outcomes analysis

Our results

DIABETES

0.8pt

AVERAGE HbA1c REDUCTION

HYPERTENSION

10mmHg

AVERAGE SYSTOLIC BLOOD PRESSURE REDUCTION

WEIGHT MANAGEMENT

5.5%

YEAR 1 AVERAGE WEIGHT LOSS

DEPRESSION

55%

PATIENTS WITH MEASURED CLINICAL IMPROVEMENT ON AVERAGE

¹Multiple Chronic Conditions in the United States. RAND Corporation, 2017.

²Data on file (DS-4266).

³Data from 2019 SI for diabetes, hypertension, and depression. Weight management from data on file (DS-3547).

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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.

