



Weight management, made achievable

An evidence-based program that helps members manage their weight by focusing on lifestyle behavior change.



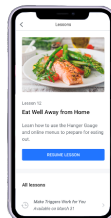
Key elements of the Livongo offering

Our data-driven approach provides members with personalized, actionable and timely support to drive lasting outcomes.



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

- 1:1 live coaching from Livongo expert coaches
- Coach-led online meet-ups for support and accountability



Proven impact

MEASURABLE CLINICAL OUTCOMES AT 12 MONTHS¹

51%

LOST \geq 5% OF
STARTING WEIGHT

6.3%

AVERAGE
WEIGHT LOSS

86%

LOST WEIGHT

2.3

AVERAGE
BODY MASS INDEX (BMI)
REDUCTION

Enterprise support



Dedicated implementation and success teams



Member communications and support



Reporting on engagement outcomes

Curriculum from the American Heart Association.

¹Data on file (DS-2321).

LEARN MORE: TeladocHealth.com | engage@teladochealth.com

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.

Teladoc
HEALTH

PM11809.A © 2020 Teladoc Health, Inc. All rights reserved.