Prediabetes Management Solution

Blue Cross Blue Shield of Michigan has partnered with Livongo to bring you a prediabetes program focused on making weight management achievable for your employees.

Livongo's cellular-connected scale enables seamless weigh-ins, with food and activity tracking as well as coaching to help your employees understand the impact of their lifestyle habits. Personalized outreach drives ongoing engagement and strategies for healthy living, including health challenges to drive small changes for big wins, evidence-based lessons and a diabetes prevention program based on PreventT2 curriculum. Unlimited messaging, one-on-one sessions with expert coaches and coach-led online meetups augment the experience to reinforce accountability and motivation.

Chronic conditions don't exist in isolation. In fact:

- 38% of people living with prediabetes also deal with hypertension
- 33% experience dyslipidemia
- 18% struggle with mental health conditions*

Livongo's person-centered approach to prediabetes management offers support for those conditions as well, with a single registration and integrated experience.

Simplified monitoring

A connected weight scale captures weigh-ins automatically in the cloud, supported by activity tracking, food logging and personalized one-to-one coaching.

Expert support

Nonjudgmental digital and one-on-one human support is led by coaches with backgrounds in nursing, nutrition, behavioral psychology, exercise physiology and more.

Evidence-based program

Livongo's program is recognized by the Centers for Disease Cotrol and Prevention. It includes self-guided, in-app lessons and live coaching to help members achieve continuous motivation and results.

How this solution works

Registration
Eligible employees register and are equipped with appropriate devices, interventions, programming and coaching support based on their needs.

Monitoring
They can view trends, activity and other biometric data within the app across one or multiple conditions, including integration with major activity trackers.

Tracking
Employees track their food, activity and weight with photo-based food logging, free-text annotation and meal tagging, and syncing of daily step counts.

Feedback
Ongoing coaching and digital support make diet, activity, medication and lifestyle recommendations based on their activity.