



# Livongo means living the healthier life I want

**Get the tools and coaching support  
you need to help manage your weight  
and prevent diabetes at no cost to  
you.**

## Program benefits

- An advanced smart scale
- Easy-to-use app & dashboard
- One-on-one coaching
- Guidance on healthy habits
- Personal meal & nutrition plans

## Get started

Text **"GO SEBB"** to 85240 to learn more and join  
You can also join by visiting [Healthy.Livongo.com/SEBB/register](https://Healthy.Livongo.com/SEBB/register)  
or call **1-800-945-4355** and use registration code: **SEBB**

Your SEBB Premera Blue Cross medical plan will cover the cost of the program for eligible employees and dependents

Premera Blue Cross is an independent licensee of the Blue Cross Blue Shield Association. On behalf of Premera, Livongo is an independent company that provides diabetes management and diabetes prevention services. The SEBB diabetes prevention program is powered by Livongo. Learn more at [hca.wa.gov/sebb-dpp](https://hca.wa.gov/sebb-dpp)