



TESTIMONIAL

I was diagnosed with Type 2 diabetes in 1997 while pregnant with my first child. Over the years, I have been on and off different meds and insulin. In December of 2024, I went to my GP for my six-month check, and my A1C came back at 11.7. Highest it's ever been.

I began long-acting insulin again and joined Livongo. The app was very easy to set up, and I received my meter plus supplies within a couple of days. On the app, I was determined to take full advantage of all the benefits and get my numbers in line. I connected it with my Apple Health app, logged my meals, and logged my medicine. I requested a coach, did the daily tasks, and requested meal/snack ideas. I set reminders on the app for blood testing, eating, and exercise.

My GP sent me to an endocrinologist in May, and she set me up with a Dexcom G7 Constant Monitor, which I connected to Livongo. While adjusting to insulin and more oral meds, my blood sugar was bottoming out in the middle of the night. My Dexcom would set off an alarm to wake me, and I would test with my meter - two minutes later, I would have a Livongo coach calling me to make sure I was okay, knew what to do, and wasn't alone. It's two o'clock in the morning, and this coach is staying on the phone with me until my blood sugar was to a safe level! The next day, I'd get a call or message to check in and see if I was doing better and needed help to avoid bottoming out in the middle of the night.

The app keeps track of my supplies, and when I get low, it's just the click of one button to request supplies. I've lost 44lbs and my A1C was 5.5 in October! My endocrinologist was very impressed! I continue to log my meals, take my blood sugar with my meter once a day, I get meal and snack ideas, my reminders tell me to get up and move, and I'm off insulin, and I feel great!

I also want anyone worrying about the "technology challenge" to know - I think it was extremely easy to get started and tailor to my needs.

I'm so glad I decided to join Livongo.

JONI

State of Iowa Employee