



Modern blood pressure management at no cost to you

An advanced blood pressure monitor and the support you need 100% paid for by R. R. DONNELLEY & SONS COMPANY(RRD).



It's all for you and all on the house:



A connected blood pressure monitor



Reminders you can set to check your blood pressure



Support from coaches when you need it



Summary reports you can send to your doctor



Automatic uploads mean no more writing down numbers



Advice on what to eat and how to live healthier

Unlimited support. Unlimited inspiration. It's all at no cost to you.

Get started

Join by visiting **TeladocHealth.com/Now/RRD**
or call **800-835-2362** and use registration code: **RRD**

Las comunicaciones del programa Teladoc Health están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-835-2362 o visite 800-835-2362/RRD. The program is offered at no cost to employees and their covered dependents with high blood pressure and coverage through one of the four national medical program options. This flyer provides a high level overview of the new Livongo for Diabetes and Hypertension feature under the four national Medical Program options of the RR Donnelley Group Benefits Plan (which are the HSA Value, HSA Advantage, Copay Value, and Copay Advantage options provided by Blue Cross and Blue Shield of Illinois). Employees enrolled in the Copay Value Select plan are also eligible for Livongo. For more information, see the Medical Program Summary Plan Description and Summaries of Material Modifications for the national Medical Program options. If you find any differences between this information and the actual plan documents, the plan documents will govern. RR Donnelley reserves the right to amend or terminate any benefit plan or program at any time and for any reason as it relates to any current or former participant or beneficiary.