



CHRONIC CARE

Hypertension Management Solution

Track progress and deliver personalized interventions for hypertension as well as dyslipidemia, weight management and mental health.

Blue Cross Blue Shield of Michigan is partnering with Livongo to bring you a data-driven approach that provides your employees with personalized, actionable and timely support to drive lasting outcomes and combat the risk of hypertension complications. The Livongo cellular-connected blood pressure monitor enables self-monitoring, with food and activity tracking as well as coaching to help your employees understand the impact of their lifestyle habits. Personalized health signals drive ongoing engagement experience, including a "Drive to 5" campaign that establishes baseline blood pressure and forms monitoring habits.

Data shows:

- 65% of people living with hypertension also deal with weight challenges
- 33% experience dyslipidemia
- 22% struggle with mental health conditions*

This is why Livongo's approach offers support for those conditions as well. It makes it easy for your employees to manage multiple conditions through a single registration and an integrated experience.

Simplified monitoring

A connected blood pressure monitor captures your employee's readings in the cloud automatically, with digital reports that can be easily shared with care providers or loved ones.

Expert support

Digital and one-on-one human support by chronic care professionals reinforce healthy behavior, with medication support focused on individuals with adherence barriers.

Evidence-based program

Incorporating American Heart Association curriculum, Livongo's program and coaching help people understand their condition and make fast, iterative adjustments for continuous motivation and engagement.

How this solution works



Registration

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



Monitoring

The employee can view trends, activity and other biometric data within the app across one or multiple conditions.



Consistency

They establish a baseline and are encouraged to build healthier habits.



Coaching

Coaches help coordinate care and promote diet, activity, medication and lifestyle management.



Medication

Support adherence through home delivery of pre-packaged medication doses.

*Data on file for hypertension and behavioral health prevalence (DS-4266). Note: behavioral health prevalence is based on medical claims. The 2017 National Survey on Drug Use and Health found that the prevalence of behavioral health conditions was 25% for clinical conditions and an additional 35% for sub-clinical conditions. Overweight and dyslipidemia prevalence from Kaiser Family Foundation 2018 and 2017 State Health Facts, respectively.