

Christian Brothers Services

Health & Benefits

Livongo Health



An Innovative Method to Managing Hypertension

Christian Brothers Health Benefit Services has partnered with Livongo Health to assist participants living with hypertension.

Approximately 1 in 3 U.S. adults have hypertension, or high blood pressure, according to the Centers for Disease Control and Prevention (CDC). This “silent killer” often has no warning signs or symptoms, so people often don’t realize they have it.

Hypertension increases the risk for heart disease and stroke, therefore it is important for everyone to have their blood pressure checked. For those diagnosed with hypertension, it is essential that they monitor their blood pressure readings regularly.

Christian Brothers Health Benefit Services is committed to making a difference in the lives of the health plan participants who are diagnosed with hypertension.

As a result, we have collaborated with Livongo Health to make hypertension management easier for participants at no cost to them. The Livongo for Hypertension Program combines advanced technology with personalized coaching to help participants identified with hypertension manage their blood pressure.

Member Benefits

Participants who enroll in the Livongo for Hypertension program will receive:

- An automatic monitor connected to a smartphone app that sends data to Livongo.
- Health Summary Reports.
- Convenient automatic reminders to check their blood pressure.
- Around-the-clock access to knowledgeable, caring health professionals whenever and wherever they need them.
- Scheduled care with coaches who provide answers to questions and support for a participant’s weight loss journey, and give advice on improving overall health through nutrition, stress management and medication.
- Personalized content and tips, as well as nudges, emails and texts.

Participants who submit a blood pressure reading over 180mmHg also receive feedback on their elevated reading. For participants on high blood pressure medication, the program uses clinical algorithms to ensure they are receiving the maximum medication benefits.

The Livongo for Hypertension is a great use of technology that will help CBS health plan participants control this serious and chronic condition and enable them to lead healthier lives.

NOTE: This Program is free of charge to CBEBT participants. It takes less than 10 minutes to register at welcome.livongo.com/MYCBS# or call the member support center at 800.945.4355.

