



INTERNATIONAL UNION OF OPERATING ENGINEERS

LOCAL 4

Health and Welfare Fund

June 21, 2018

Dear Health & Welfare Participant,

The Board of Trustees of the IUOE Local 4 Health and Welfare Plan (the “Plan”) is pleased to announce that, effective July 1, 2018, it will be offering a new approach to diabetes management, at no additional cost to you. The Livongo for Diabetes Program (“Livongo”) will provide Type 1 and Type 2 people with diabetes with advanced technology and coaching to help manage their care.

As people with diabetes know all too well, proper management of the disease costs a lot of time, energy, and money. Those costs may serve as a deterrent to proper management – many people with Type 2 diabetes choose not to treat their condition at all; those that do treat their condition may hit multiple roadblocks, such as running out of strips for their meters, struggling to get advice or coaching from their providers, or simply losing motivation.

That’s why your Trustees are committed to help make it easier for you to manage your diabetes, and why they’re proud to introduce you to Livongo.

No more drawers full of dead-end meters.

Livongo provides a connected meter, at no additional cost to you, which allows you to instantly upload your results to Livongo.

No more waiting to hear back from your provider for answers.

This connected meter allows Livongo’s certified diabetes educators to quickly contact you via text, phone, or via Livongo’s mobile app based on your personalized settings, to offer guidance should your results be too high or too low – **24 hours a day, 7 days a week**. Livongo also sends personalized coaching tips, direct to your meter, based on your results, to try to help you maintain your target blood glucose range.

No more struggling to keep track of your numbers.

Livongo provides you online access to your blood glucose history, along with graphs, that can be easily downloaded or faxed automatically to your provider’s office before an appointment or as needed. You can access all of this information online or via the Livongo mobile app.

No more going it alone.

You can set up your account to notify your loved ones via text message or email when your blood glucose is too high or too low.

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www.local4funds.org



No more co-pays for strips, and no more running out of strips.

Livongo will send unlimited supplies of strips and lancets directly to your doorstep – at no additional cost to you.

No more spinning your wheels.

Livongo has proven results – 75,000 users across the United States, representing many of the nation’s top companies. Livongo reports that its users have reduced their average HbA1c from 7.7% to 6.9% over two years, and that its users have reduced their low glucose readings (under 80 mg/dL) by 23% after one year and reduced their high glucose readings (over 180 mg/dL) by 21% after one year*. And just as importantly, 88% of Livongo’s enrolled respondents report a positive experience**.

What’s next?

You will receive more information about Livongo in the coming weeks. You can sign up on or after the July 1, 2018 start date, and you will then receive your welcome kit in the mail, which will include your meter and your first supply of strips. To learn more or enroll, visit www.welcome.livongo.com/LOCAL4 or call Livongo at 1-800-945-4355. When enrolling, don’t forget to provide the Plan’s registration code: **LOCAL4**. As always, please feel free to call the Funds Office with any questions about this new program, at 508-533-1400 x304.

Please note that this Plan is a “grandfathered health plan” under the Affordable Care Act. For more information, please refer to page v of your Summary Plan Description, or page vii of the online version.

**IUOE Local 4 Health and Welfare Plan
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*Downing J, Bollyky J, Schneider J. Use of a Connected Glucose Meter and Certified Diabetes Educator Coaching to Decrease the Likelihood of Abnormal Blood Glucose Excursions: The Livongo for Diabetes Program J Med Internet Res 2017;19(7):e234, DOI: 10.2196/jmir.6659

**Livongo Clinical and Financial Outcomes Report, June 2016

