

# Wellness Support Programs

If you are enrolled in an Oncor medical option, you can participate in one of these special programs.

## **NEW! WW**

WW is Weight Watchers® reimagined using the latest nutritional and behavior change science to inspire healthy habits for real life. WW offers a scientifically proven program for weight loss and wellness to help meet your goals.

## **NEW! LIVONGO – HYPERTENSION**

If you have high blood pressure, this program offers resources, including a connected monitor, expert coaching, and real-time feedback. The blood pressure monitor automatically uploads your blood pressure reading to your secure online account. Your monitor records and organizes all of your blood pressure readings that you can share with your physician.

This program is available to employees and eligible family members with high blood pressure. To participate in this program, log on to the Livongo website or call Livongo Member Support to register. The enrollment process only takes a few minutes.

## **AIRSTI REHAB CENTERS**

Airsti specializes in non-invasive musculoskeletal care through intense therapy treatment.

## **HINGE HEALTH**

Hinge Health offers free access to a 12-week digital program designed for chronic back, knee, hip, neck, or shoulder pain, available to you and your covered family members age 18+. Upon registration, you'll receive a Hinge Health Welcome Kit with a free tablet computer and wearable activity sensors to give you live feedback during exercises.

## **LIVONGO – DIABETES**

This program provides diabetes management services, including access to supplies at no cost to you, a free blood glucose meter, 24/7 coaching, and unlimited strips delivered on demand.

### **WW**

**(formerly Weight Watchers)**

To Register:

**[ww.com/us/oncor](http://ww.com/us/oncor)**

**1.866.204.2885**

### **Livongo – Hypertension**

To Enroll:

**[welcome.livongo.com/oncor](http://welcome.livongo.com/oncor)**

**1.800.945.4355**

Registration Code: **ONCOR**

### **Airrosti Rehab Centers**

To Schedule an Appointment:

**[airrosti.com](http://airrosti.com)**

**1.800.404.6050**

### **Hinge Health**

To Register:

**[hingehealth.com/oncor](http://hingehealth.com/oncor)**

**1.855.902.2777**

### **Livongo – Diabetes**

To Enroll:

**[welcome.livongo.com/oncor](http://welcome.livongo.com/oncor)**

**1.800.945.4355**

Registration Code: **ONCOR**