

PEC UPDATES

July 8, 2025



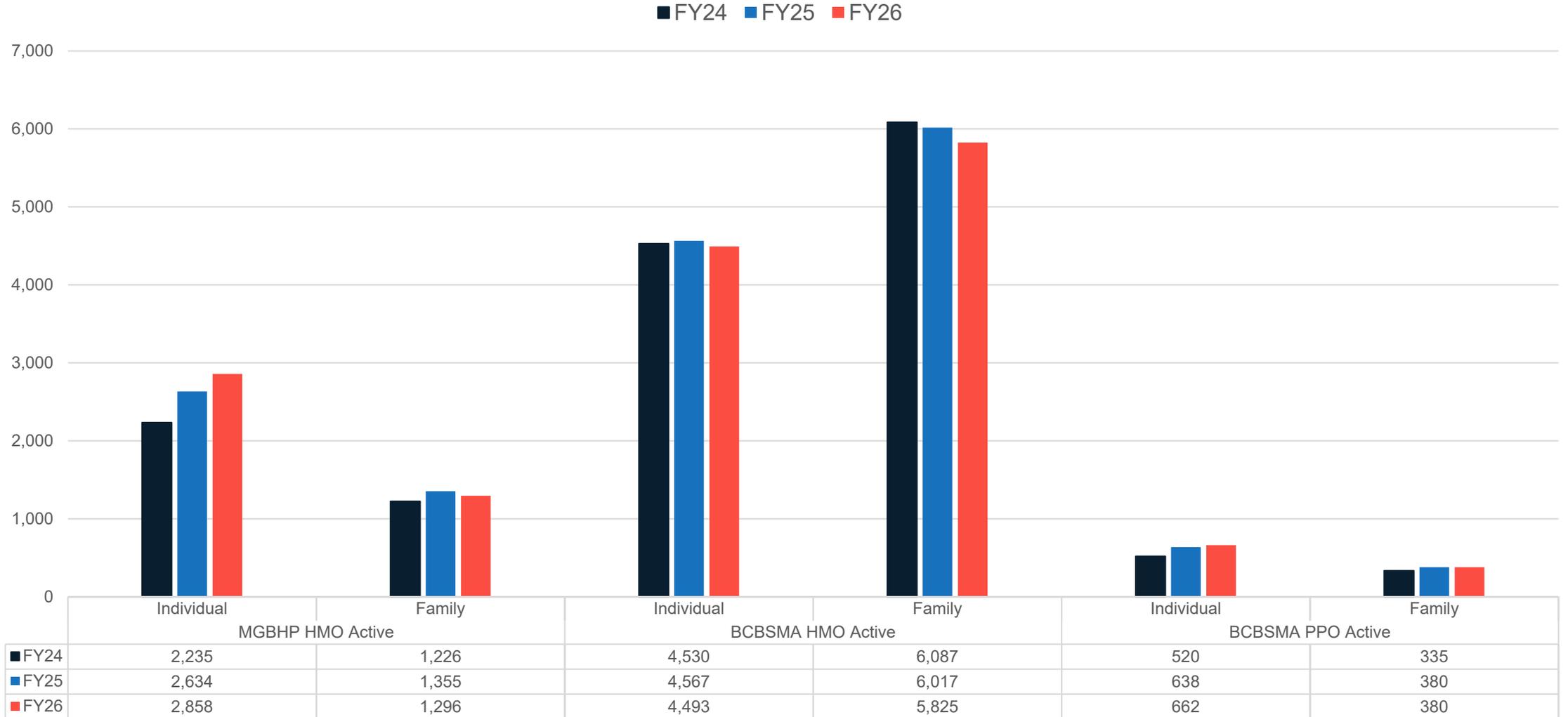
- ANNUAL ENROLLMENT DATA
- DISEASE MANAGEMENT MARKETING MATERIALS
- WELLNESS UPDATE



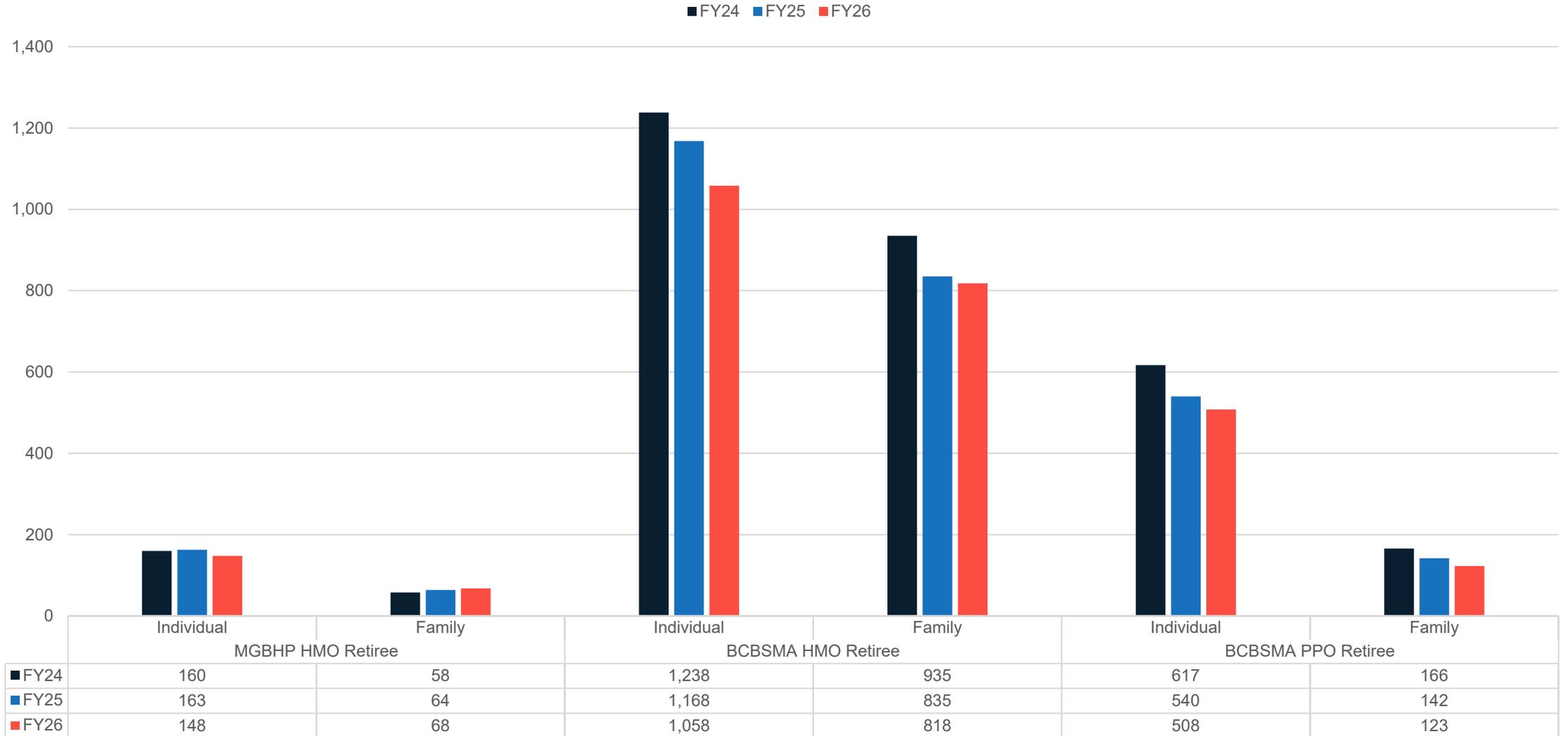
ANNUAL ENROLLMENT DATA

CITY OF BOSTON

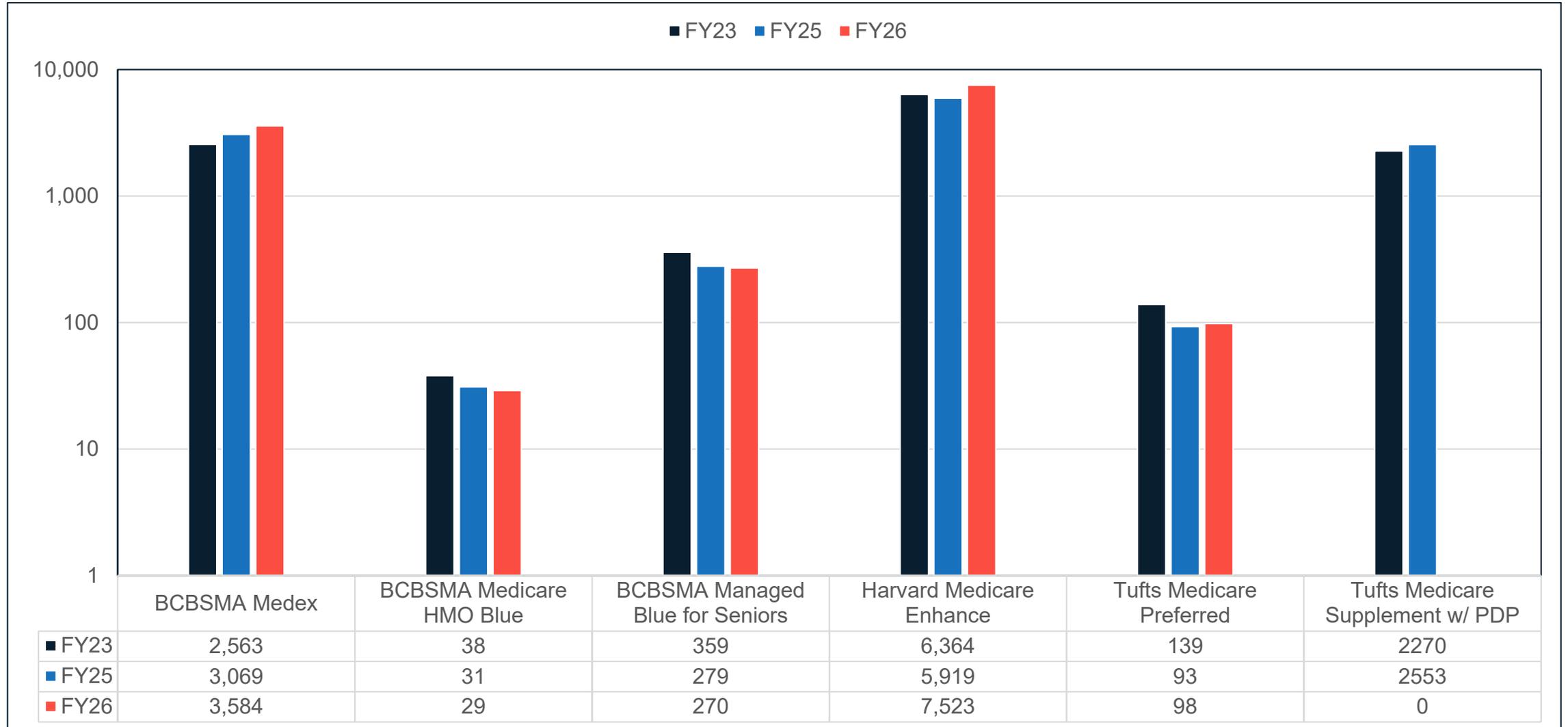
CITY OF BOSTON NON-MEDICARE PLANS ACTIVE EMPLOYEES



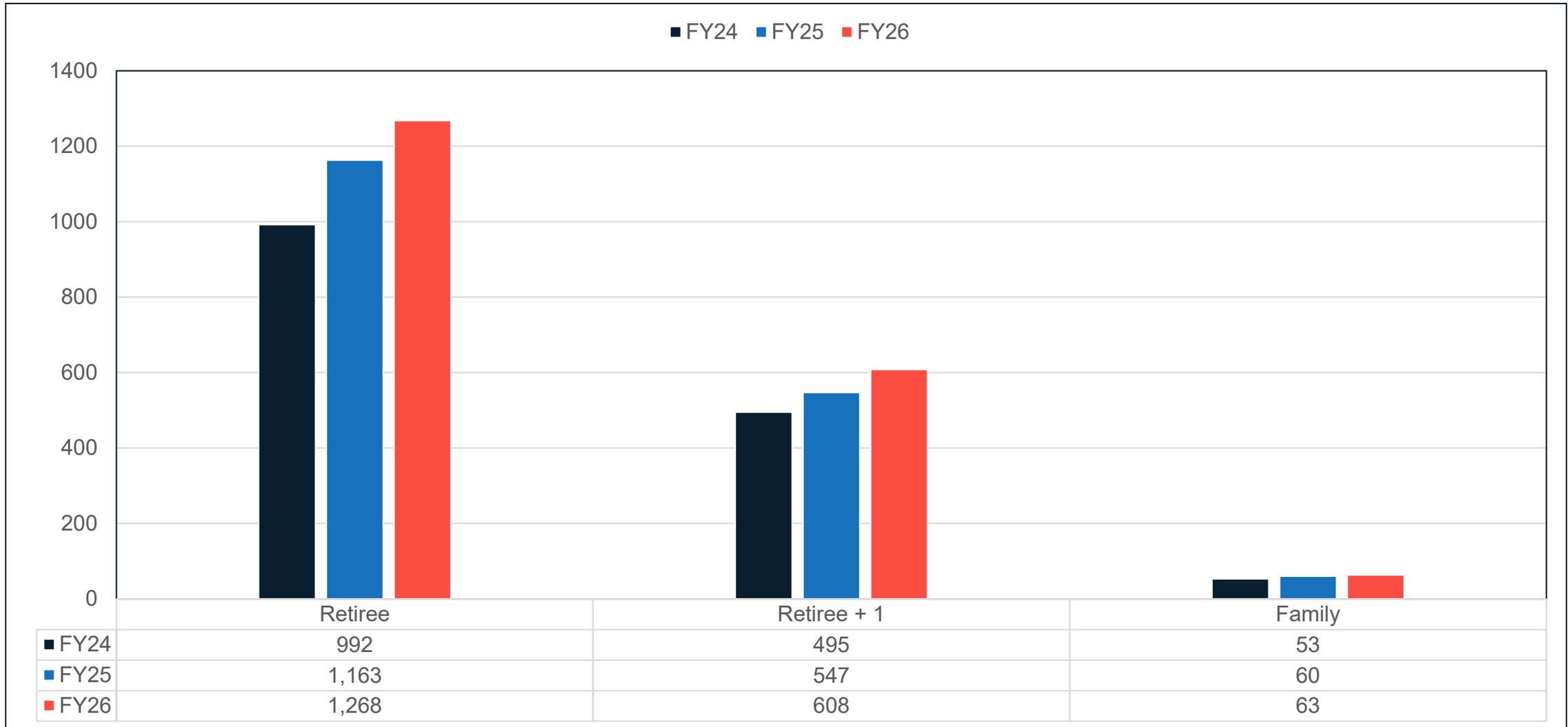
CITY OF BOSTON NON-MEDICARE PLANS RETIREES



CITY OF BOSTON MEDICARE PLANS



CITY OF BOSTON RETIREE DENTAL PLAN





DISEASE MANAGEMENT MARKETING MATERIALS

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What is Hinge Health?

How does the program work?

Hinge Health provides personalized care plans to help people accomplish their health goals related to musculoskeletal (back, muscle, and joint) health.

How does Hinge Health help?

They assess your condition and match you to a care team to help personalize your treatment to you.

Who is in my care team?

Depending on your treatment plan, your care team could include a physical therapist and a health coach. You will keep the same care team throughout your experience.

What could be included in my treatment plan?

1. Access to the Hinge Health app with guided exercise therapy
2. Virtual visits with members of your care team
3. Kit with a tablet and tools to assist in guiding exercise therapy

How much does the program cost?

It's free for eligible participants. This includes access to your care team, the Hinge Health app, and any materials that we send to assist in your care.

Who is eligible?

Employees, retirees, and dependents must be 18+ and enrolled in a Blue Cross Blue Shield of Massachusetts non-Medicare medical plan through the City of Boston to be eligible.

How do I apply?

Take a short online questionnaire following the link below, telling us about your pain. No referral or diagnosis needed from a doctor.



Scan the QR code to learn more or apply at hinge.health/cityofboston or call (855) 902-2777



Exercise therapy made easy

Follow along in the app for simple, 10-minute exercise therapy sessions.



Treatment from your care team

Get help overcoming pain, recovering from an injury, preparing for surgery, and more!



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Conquer back and joint pain without drugs or surgery

We provide all the tools you need to get moving again from the comfort of your home. You'll get exercise therapy tailored to your needs, technology for instant feedback in the app, personal coach and physical therapist. Best of all, it's free — 100% covered by City of Boston for you and eligible family members.

Sign up today for help with any of the following:

- Conquer pain or limited movement
- Recover from a past injury
- Reduce stiffness in achy joints

Join for your back, knee, hip, neck, or shoulder. On average, participants cut their pain as much as 68%*!



Scan the QR code to learn more or apply at hinge.health/cityofboston or call (855) 902-2777



Eligibility: Employees, retirees, and dependents must be 18+ and enrolled in a Blue Cross Blue Shield of Massachusetts non-Medicare medical plan through the City of Boston.
*Participants with chronic knee and back pain after 12 weeks. Bailey, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. JMIR. (2020).



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Join the Women's Pelvic Health Program

Hinge Health now offers pelvic floor care — available at no cost to you through your City of Boston medical plan.

What's your pelvic floor and why should you care?

Your pelvic floor is the group of muscles and tissues attached to the bottom of your pelvis. It supports your pelvic organs, controls your bladder, and more. And it's one of the hardest working muscle groups in your body.

Why join?

- Get personalized exercise therapy for pregnancy and postpartum, bladder control, pelvic muscle strengthening, or pelvic muscle relaxation.
- Work 1-on-1 with a clinical care team that specializes in pelvic floor care.
- Exercise from the privacy of your own home, on your schedule.



Scan the QR code to learn more or apply at hinge.health/cityofboston-wph or call (855) 902-2777

Employees, retirees, and dependents must be 18+ and enrolled in a Blue Cross Blue Shield of Massachusetts non-Medicare medical plan through the City of Boston.

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Smarter diabetes management at no cost to you

At no cost to you

Now there's a personalized way to help manage diabetes. Get the tools and support to track blood sugar levels and develop healthier lifestyle habits.

Program includes:

One-on-one coaching, action plans and tips when you need them

A connected blood glucose meter \$200 value

Unlimited strips and lancets at no cost to you

24/7 real-time support for out-of-range readings

Get started

Text "GO COBBCBS" to 85240 to learn more and join
You can also join by visiting Join.Livongo.com/COBBCBS/Register or call 800-945-4355 and use registration code: COBBCBS

Las comunicaciones del programa Livongo están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiere para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-945-4355 o visite Join.Livongo.com/COBBCBS.

This Livongo for Diabetes program is offered at no cost to you and your family members 18 and above with diabetes and coverage through the Blue Cross Blue Shield of Massachusetts health plan. Adult members (18 years) will only be eligible with the Blue Cross Blue Shield of Massachusetts medical account (Medicare and COBRA) who are diagnosed with Type 1 or Type 2 diabetes and eligible for Livongo with the exception of Medicare, Medicare Advantage, or any account-specific group assistance. Please note that Livongo does not support gestational diabetes. Your health information is protected and is 100% confidential. Livongo will never share your health information with your employer or third parties other than your medical provider.

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DIABETES MANAGEMENT

Frequently asked questions

What is Diabetes Management?
The Diabetes Management program helps make living with diabetes easier by providing you with a connected meter, unlimited strips and lancets and coaching.

My doctor says I have prediabetes or am at risk of developing diabetes. Is Diabetes Management a good fit for me?
No, Diabetes Management is designed to support individuals diagnosed with type 1 or type 2 diabetes.

Will I really receive all the strips and lancets I need?
Yes! No matter if you check once a week or multiple times a day, with Livongo you receive Unlimited strips and lancets at no cost to you.

Is this really no additional cost for me? How can that be?
Yes! Livongo is being offered at no cost to you. Shipping is included, too. You are not billed anything for joining.

How do I join?
It's easy and takes only a few minutes! Visit Join.Livongo.com/COBMGBHEALTH/register and answer a few easy questions about you and your health to register. Next, download the app and log in. You may also enroll by calling Livongo Member Support at 800-945-4355.

What happens after I join?
After you enroll, you'll be shipped the Welcome Kit that includes the meter and all the strips and lancets you need to check your blood sugar. You'll receive access to the member website, my.livongo.com, where you can personalize the program and access your readings.

Can I cancel my membership?
Yes, you can cancel at any time for any reason. Just call Livongo at 800-945-4355 or email membersupport@teladochealth.com.

Is my information confidential?
Teladoc Health takes your privacy seriously. Your health information is protected by federal and state laws, including HIPAA. Please see our Notice of Privacy Practices for more information on how Teladoc Health uses your health information www.teladoc.com/notice-of-privacy-practices/.

How do I reorder strips and lancets?
You can reorder strips and lancets in four ways:
1. Through your member website at my.livongo.com
2. Through your meter
3. Through the mobile app
4. By calling Member Support anytime at 800-945-4355.

What kind of credentials does my coach carry?
Coaches hold a variety of nationally recognized credentials and certifications to support members.

How often will I receive communications from Livongo, and how can I adjust the frequency or opt out?
Frequency varies depending on the preferences you've set for your account. You can customize what out-of-range readings a coach should contact you about by logging in to your account at my.livongo.com and visiting the "Support" tab on the left panel of your dashboard. You can opt out of communications by logging in to your account and visiting "Notifications" in the drop-down menu located at the top right of the screen.

Visit Join.Livongo.com/COBMGBHEALTH/register to get started.

Las comunicaciones del programa Livongo están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiere para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-945-4355 o visite Join.Livongo.com/COBMGBHEALTH.

This Livongo for Diabetes program is offered at no cost to you and your family members 18 and above with diabetes and coverage through Mass General Brigham Health Plan. Adult members (18 years) will only be eligible with the Mass General Brigham Health Plan (Active, COBRA and Retiree) who are diagnosed with Type 1 or Type 2 diabetes and eligible for Livongo with the exception of Medicare, Medicare Advantage, or any account-specific group assistance. Please note that Livongo does not support gestational diabetes. Your health information is protected and is 100% confidential. Livongo will never share your health information with your employer or third parties other than your medical provider.

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CITY of **BOSTON**

oviahealth™

access your maternity and family benefit

Ovia+ offers support for reproductive health, starting a family, having a healthy pregnancy, balancing life as a parent and managing menopause.

 ovia Support for cycle tracking and reproductive health, fertility, and menopause	 ovia pregnancy Ongoing support for your healthiest, happiest pregnancy	 ovia parenting Your go-to resource for preparing to parent and parenting support

Get started with Ovia+

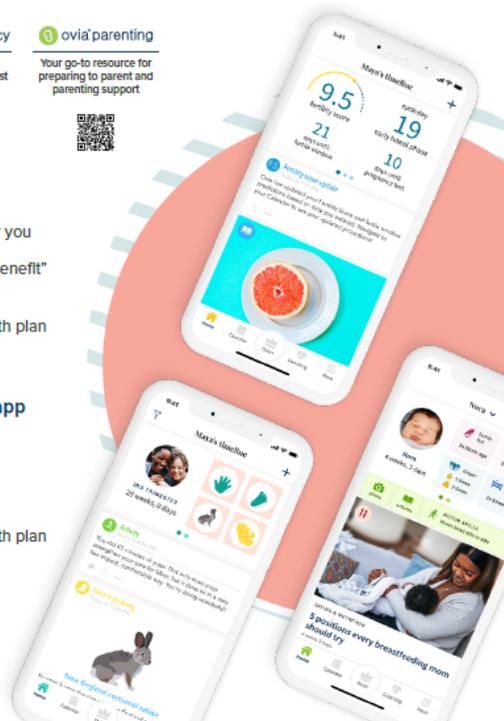
- 1 Download the app that's right for you
- 2 Select "I have Ovia Health as a benefit" during signup
- 3 Enter your employer and/or health plan
- 4 Explore Ovia+

Already have an Ovia Health app on your phone?

- 1 Open the "more" menu
- 2 Tap "My healthcare info"
- 3 Enter your employer and/or health plan



ES | Ovia Apps are available in Spanish



Ovia for men: empowering partners and readying parents

Ovia Health™ is here to support you to and through parenthood.

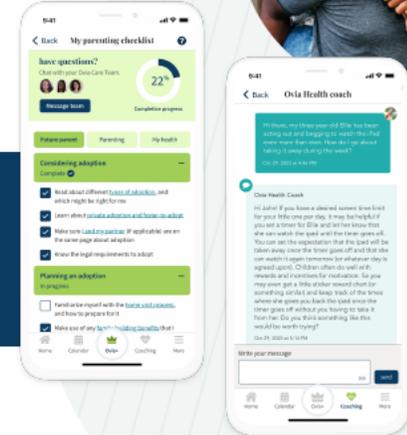
Ovia Health helps you learn about fertility, prepare for parenthood, support a pregnant partner, and manage the changes that come with raising a child. With Ovia Health, you'll receive curated content, daily access to our Care Team, and an experience made just for you.

- 1-on-1 clinical support from Ovia's in-house Care Team
- Male fertility, pregnancy, and childbirth education
- LGBTQ+ parenting and family-building guidance
- Pregnancy and contraction tracking
- Child health and development tracking
- Actionable parenting checklists
- Relationship management
- Mental health support
- Benefits navigation



How do I get there? Download the app that's right for you

 ovia	 ovia pregnancy	 ovia parenting



1. National Fatherhood Initiative, www.fatherhood.org

ES | Ovia Apps are available in Spanish

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Virta helps people reverse type 2 diabetes.

Current approaches manage disease progression through increased medication use and infrequent doctor visits. Virta reverses type 2 diabetes and significantly improves other chronic conditions through innovations in technology, nutrition science, and continuous remote care from physicians and behavioral experts.

What is diabetes reversal?
Achieving HbA1c below 6.5% without the use of diabetes-specific medications

Note: The August 2021 Consensus Report: Definition and Interpretation of Reversal in Type 2 Diabetes defined diabetes reversal as "the process of returning to glucose levels below those diagnostic of diabetes."

Diabetes in America

37M <small>Number of people with diabetes</small>	\$404B <small>US Economic Burden (in dollars)</small>
>280K <small>Diabetes-related deaths per year</small>	422 <small>Number of amputations per day due to type 2 diabetes</small>

Sources:
CDC National Diabetes Statistics Report, 2022
The Economic Burden of Elevated Blood Glucose Levels in 2017

About Virta

- Established: 2014
- \$366 million raised through Series E, from investors such as Tiger Global, Venrock, and Sequoia Capital Global Equities
- 13 peer-reviewed papers
- 400+ large employer and health plan customers

Key Clinical & Financial Stats

94% <small>Members completing one year who reduced or eliminated insulin*</small>	83% <small>Member retention at one year*</small>
12% <small>Average weight loss for members completing one year**</small>	\$10k+ <small>Amount saved per member over two years for commercial payers**</small>

* Hallberg SJ et al. Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at 1 Year: An Open-Label, Non-Randomized, Controlled Study. Diabetes Therapy. 2018;9(2):383-612.
** Virta's Analysis of Type 2 Diabetes Reversal Cost Savings, based on a methodology validated by an independent actuarial firm.

Hear what real members have to say



David

"Best of all, after 12 years, I was taken off my insulin pump and am now officially off of all insulin!"



Abbie

"Not only do I feel better physically, but also mentally and spiritually as well."



Michael

"I was 458 pounds with an A1c of 11.7%, and I reversed my diabetes, and I know you can too."

Pillars of the Virta Treatment



Individualized
Low Carb Nutrition



Real-time
Coaching



Continuous Remote
Medical Care



Medication
De-prescription





What is Virta Health?

Virta Health is an online clinic that can give members a drug-free way to reverse type 2 diabetes and lose weight sustainably. Members eat their way to better health with a plan made just for them and support from medical clinicians, coaches, and digital health tools.

What does it mean to "reverse" an issue like type 2 diabetes?

Virta defines reversal by reaching HbA1c below 6.5 without the use of diabetes medications beyond metformin. Members can also see a reduction in weight and other health issues. Diabetes can return if lifestyle changes are not maintained.

What results can I expect?

Virta members can see real change. 10-week results from a clinical study:

- 87% of members stopped or reduced insulin
- 1.0 pt average A1c drop
- 7% average weight loss (that's nearly 18 lbs for a member who starts care at 250 lbs)

Source: McKeanie AL, Hallberg SJ, Creighton BC, Volk BM, Link TM, Abner MK, Glon RM, McCarter JP, Volek JS, Phinney SD. A Novel Intervention Including Individualized Nutritional Recommendations Reduces Hemoglobin A1c Level, Medication Use, and Weight in Type 2 Diabetes. JMIR Diabetes 2017;2(1):e5, doi: 10.2196/diabetes.6981

Am I covered for care?

Members and dependents with a qualifying condition can be covered. Visit virtahealth.com/join/boston to check eligibility.

For additional questions, reach out to your benefits support team or send an email to support@virtahealth.com.

What's included in a care plan?

Eligible Virta members are covered for clinical care, personalized plans, and health tools.

- Online care app (mobile/desktop)
- Clinician support
- Personal nutrition plan
- Recipes, meal plans, and food lists
- Daily health coaching
- Health tracking tools (scale, meter, strips)

Is Virta right for me?

Virta takes a personal approach to care. This has helped members of diverse backgrounds, needs, and lifestyles find success.

Virta is not a good fit if you:

- Are younger than 18 years old
- Are older than 80 years old
- Are pregnant or nursing
- Have stage 4 or 5 chronic kidney disease
- Have end-stage renal disease on dialysis
- Had diabetic ketoacidosis in the past 12 months

How do I enroll?

New members must apply and complete a health screening to enroll in Virta. Benefit eligibility is confirmed during the application stage. During the health screening stage, applicants will share lab work results and meet with a clinician to be cleared for care.

virtahealth.com/join/boston

Or scan this code






WELLNESS UPDATE

CITY OF BOSTON

DON'T WAIT, HYDRATE CHALLENGE



Don't Wait, Hydrate

July 7 - August 3, 2025

Registration open: June 23 - July 13, 2025

Participate to earn points towards your program!

Join the next group challenge offered through the City of Boston Wellbeing Program. For more details on how to participate, go to bostonwellness.livehealthyignite.com. Click on **JOIN NOW** and enter your group code: **wickedhealthy**

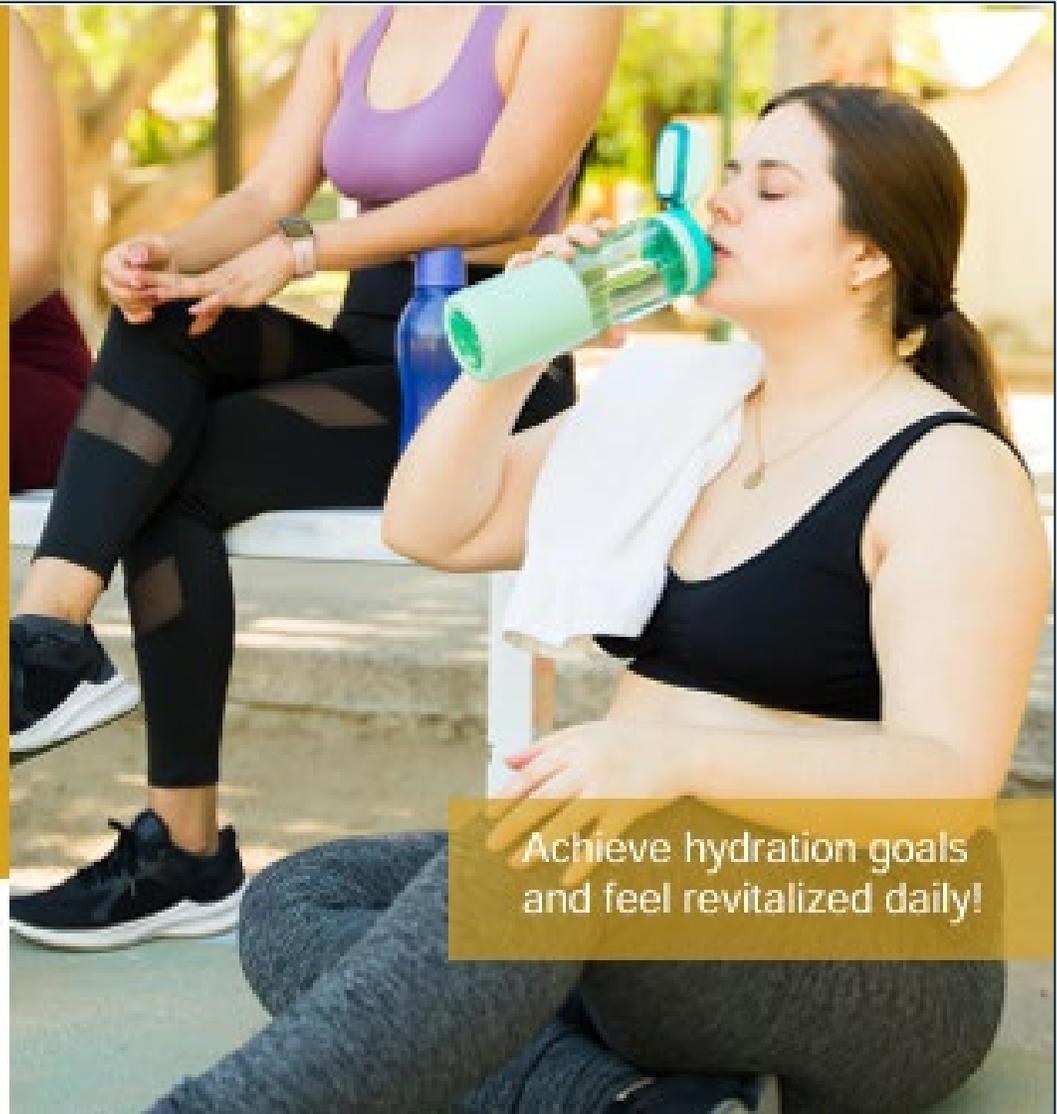
Completion requirements

Track 48oz of water for at least 20/28 days



Download the Navigate Wellbeing app to track your activities. The app is available as it has been downloaded in the Apple App Store and Google Play App Store. Scan the QR code to download.

Questions? | info@navigatewell.com | 855-282-0622



Achieve hydration goals
and feel revitalized daily!

BURNALONG - JULY 2025 CALENDAR & EVENTS



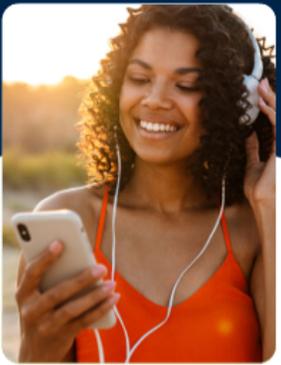
Summer Fun						
MON	TUES	WED	THUR	FRI	SAT	SUN
Mindfulness Stress management 7 min	Yoga Yoga 8 min	Nutrition Healthy eating 8 min	Cardio Dance 14 min	Clinical Parkinson's 23 min	Strength Full body 33 min	Pilates Pilates reformer 30 min
Mindfulness Life coaching 20 min	Yoga Yoga 19 min	Nutrition Healthy eating 9 min	Cardio Kickboxing 12 min	Clinical Physical therapy 28 min	Strength Upper body 12 min	Barre Barre 48 min
Mindfulness Meditation 2 min	Yoga Yoga 25 min	Nutrition Healthy eating 1 min	Cardio Bootcamp 48 min	Clinical Physical therapy 7 min	Strength Adaptive workout 34 min	Pilates Pilates 33 min
Mindfulness Life coaching 20 min	Yoga Yoga 27 min	Nutrition Healthy eating 6 min	Cardio Cycle 17 min	Clinical Brain health 9 min	Strength Upper body 15 min	Barre Barre 37 min
Mindfulness Meditation 16 min	Yoga Yoga 17 min	Nutrition Healthy eating 3 min	Cardio Bodyweight 19 min	Clinical Corrective exercise 16 min	Strength Full body 26 min	Pilates Pilates 43 min

2025

burnalong

burnalong

Experience July's Live Events



Our Summer Fun events invite you to step outside, try new hobbies, and discover the motivation that comes from leisure and exploration. This month is your chance to recharge, have fun, and fuel your wellbeing in exciting new ways.

July 3
@12:00 PM ET

REGISTER

The Joy of Hobbies: Sparking Creativity & Easing Stress

Hobbies are more than just a way to pass the time—they can be powerful tools for reducing stress, boosting creativity, and enhancing overall wellbeing. Explore the science behind how hobbies positively impact mental health.



July 16
@12:00 PM ET

REGISTER

Unplug & Recharge: Finding Balance in a Hyperconnected World

Explore the importance of unplugging and creating space for real-life experiences that nourish the mind and body. We'll share strategies for setting digital boundaries, embracing mindful relaxation, and using nature, hobbies, and travel as tools for restoration.



July 24
@12:00 PM ET

REGISTER

Travel Well: Staying Energized & Present While Exploring New Places

We'll dive into strategies for staying energized and present while exploring new places. Learn how to build rest into a busy itinerary, connect meaningfully with different cultures, and avoid travel burnout.



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