

Abbott And Berry Street Partner To Expand Personalized Nutrition Support For Consumers Seeking Better Metabolic Health

- Partnership combines Abbott's Lingo continuous glucose monitor with Berry Street's insurance-covered registered dietitian support, helping consumers translate glucose insights into healthier behaviors
- Research shows registered dietitian-led medical nutrition therapy can improve glucose control and cardiometabolic health outcomes, highlighting the power of combining glucose data plus human expertise¹

ABBOTT PARK, Ill. and NEW YORK, Sept. 23, 2026 /PRNewswire/ -- Abbott (NYSE: ABT) and Berry Street today announced an exclusive partnership to help people take a more proactive approach to nutrition and long-term health. The partnership brings together Lingo, Abbott's consumer biowearable that provides personal glucose insights, with live nutrition coaching from Berry Street, one of the nation's largest insurance-covered nutrition care platforms, helping consumers turn metabolic insights into meaningful action.

Lingo is an over-the-counter continuous glucose monitor (CGM) for individuals 18 years of age or older who are not using insulin and want to make informed decisions about their health. By showing how food, movement and stress affect glucose, Lingo can help people make small, science-backed adjustments that can lead to measurable improvements in overall health and well-being.

Through the partnership, Berry Street* and Lingo users can now:

- Access registered dietitians specially trained on Lingo and continuous glucose monitors
- Receive personalized nutrition recommendations informed by their glucose trends
- Meet virtually through convenient one-to-one appointments

Metabolic health challenges continue to affect millions of Americans. According to the Centers for Disease Control and Prevention, more than 115 million US adults have prediabetes, yet approximately 80% are unaware they have it.² Left unaddressed, prediabetes can increase the risk of developing Type 2 diabetes, heart disease and stroke.

"At Abbott, we believe the future of health lies in giving people the tools and support they need to understand their bodies and take action," said Olivier Ropars, divisional vice president of Abbott's Lingo business. "By partnering with Berry Street, we're combining the advanced biosensing technology of Lingo with expert nutrition guidance to help people make informed nutrition and lifestyle decisions that can support healthy habits over time."

Published research from the American Journal of Clinical Nutrition has shown that registered dietitian-led nutrition therapy can improve glucose control, weight management, cholesterol levels and other cardiometabolic markers, including among people with prediabetes.^{3 4}

"For too long, nutrition guidance has relied on broad recommendations that may not reflect how an individual's body actually responds to food," said Noah Kotlove, chief executive officer and co-founder of Berry Street. "The combination of continuous glucose insights and registered dietitian expertise creates a more personalized approach to nutrition. Together with Lingo, we're helping consumers move beyond guesswork and build sustainable habits rooted in a deeper understanding of their health."

The partnership with Berry Street builds on Abbott's commitment to helping people improve their health through science-backed nutrition innovation. Lingo adds to that legacy by providing personal metabolic insights that help consumers make more informed nutrition and lifestyle decisions.

** Berry Street nutrition services are in-network with more than 1,250 health plans, with 96% of people paying no out-of-pocket costs. Coverage depends on the specific details of an individual's insurance plan.*

Frequently Asked Questions

What is Lingo?

Lingo is Abbott's over-the-counter continuous glucose monitoring (CGM) system designed for individuals 18 years and older who are not using insulin. Lingo provides ongoing glucose insights, helping people understand how food, exercise, sleep and stress affect their glucose levels and metabolic health. By turning real-time glucose data into personalized insights, Lingo is designed to help people make informed lifestyle choices in support of their personal wellness goals.

What will this partnership bring to Lingo and Berry Street users?

The partnership will combine Abbott's Lingo glucose insights with Berry Street's registered dietitians trained on Lingo, who will interpret glucose data into personalized nutrition plans tailored to an individual's health goals.

How can a Lingo user access the Berry Street nutritionists and how much will it cost?

A Lingo user will be directed to sign up for Berry Street nutritionist services on the Lingo [website](#) and from email communications directly from Lingo. Berry Street appointments are virtual, making them accessible wherever you are in the US. Berry Street also accepts coverage from more than 1,250 health plans, so 96% of clients pay \$0 out-of-pocket. Coverage depends on the specific details of an individual's insurance plan.

How can a Berry Street user access their glucose data and how much will it cost?

For the first time and through this exclusive partnership, Berry Street users can now obtain Lingo at a discounted price, enabling

them to gain a better understanding of how their behavior and lifestyle changes can affect their glucose. By seeing how their glucose is reacting to food, exercise, sleep and stress, Berry Street users can make continuous and ongoing modifications as they work to address and improve their health concerns. Additionally, Berry Street dietitians can view their patient's glucose data providing additional personalized guidance and coaching. Berry Street users will receive a 15% discount on 4-week Lingo plans.

Why is tracking glucose important for people who do not have diabetes?

Glucose is the body's primary source of energy and plays a central role in overall metabolic health. Even in people without diabetes, glucose levels are influenced by everyday factors such as nutrition, physical activity, sleep and stress. By understanding glucose patterns, people can better assess how daily habits affect their bodies and make choices that support energy, well-being and long-term health. Tracking these patterns over time may also help identify risks for chronic conditions, including prediabetes, which affects more than 115 million U.S. adults.

About Lingo

The Lingo Glucose System is intended for users 18 years and older, not on insulin. It is not intended for diagnosis of diseases, including diabetes. The Lingo program does not guarantee that everyone will achieve the same results as individual responses may vary. Consult your healthcare professional before making changes to your diet or exercise regimen or if you have an eating disorder or a history of eating disorders.

Lingo can be purchased at hellolingo.com, Amazon, Walmart (in-store and online), Walgreens, BestBuy.com and Publix.

Lingo is available in the US and the UK. The Lingo app is now available for download for Android through the Google Play Store and for iOS on the Apple App Store.

About Abbott

Abbott is a global healthcare leader that helps people live more fully at all stages of life. Our portfolio of life-changing technologies spans the spectrum of healthcare, with leading businesses and products in diagnostics, medical devices, nutritionals and branded generic medicines. Our 122,000 colleagues serve people in more than 160 countries.

Connect with us at www.abbott.com and on [LinkedIn](#), [Facebook](#), [Instagram](#), [X](#), and [YouTube](#).

About Berry Street

Berry Street is on a mission to transform how Americans eat through nutrition therapy. Berry Street's platform connects individuals needing evidence-based nutrition care with an expansive network of Registered Dietitians and AI-powered tools. From weight management, diabetes, and heart health to kidney disease, maternal health, and 30+ other conditions, Berry Street's clinical team delivers personalized nutrition interventions tailored to each patient's unique physiological and psychological needs, improving outcomes and reducing total cost of care. Berry Street works with some of the largest health plans, as well as leading health systems and innovative care management companies to serve diverse populations across all 50 states. Visit berrystreet.co to learn more.

¹ <https://ajcn.nutrition.org/article/S0002-9165%2823%2966120-9/fulltext>
² <https://www.cdc.gov/diabetes/communication-resources/prediabetes-statistics.html>
³ <https://ajcn.nutrition.org/article/S0002-9165%2823%2966120-9/fulltext>
⁴ <https://ajcn.nutrition.org/article/S0002-9165%2822%2902684-3/fulltext>

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