



## THE LINGO EFFECT: SEEING HOW FOOD IMPACTS YOU

The food you eat sends a signal.

No, really: It sends a literal signal – in the form of glucose, the fuel your body extracts from food and uses for energy.

And now, there’s powerful tech that can decode this signal: our Lingo consumer biowearable.

The Lingo system helps you monitor your glucose levels in real time to better understand your body’s unique responses to what you eat.

All so you can make smart changes that work for you.

[LEARN ABOUT LINGO](#)

## HOW TO DONATE BLOOD FOR THE FIRST TIME

Even if it’s your first time, donating blood is easy. Just check off the items on this list and you’ll be ready.



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## 6 HACKS THAT KEEP YOUR MARATHON DIET LOCKED IN AND ON TRACK

Enjoy expert-level tips and time-savers that even the busiest runner could appreciate.



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### A BIT ABOUT ABBOTT 1955-NOW

For 70 years, Fortune magazine has put out its Fortune 500 list of the top U.S. companies by total revenue. For 70 years, Abbott’s name has been on that list. Chalk it up to [some key values](#) that have helped us keep the streak alive.



## A FEW MORE BEFORE WE GO

- [Turning Goals into Action: Highlights from our Global Sustainability Report](#)
- [Abbott’s HeartMates Team: Be a Part of our Community](#)
- [Abbott Teams Up With the National Association of Community Health Centers](#)



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