



# Digital diabetes prevention coaching can help improve your health

**One in three Americans has prediabetes — and most don't know it.** To help you address prediabetes and prevent type 2 diabetes, Lark has teamed up with Anthem to offer digital personalized support at no extra cost to you.<sup>1</sup>



Lose weight



Eat healthier



Increase activity



Sleep better



Manage stress

## 24/7 coaching support includes:

- A customized program based on your lifestyle.
- Convenient access to a coach through the Lark mobile app.
- Personalized feedback through daily check-ins.
- Educational information on prediabetes and preventing type 2 diabetes.
- A free, wireless smart scale when you enroll.



Find out if you qualify for the program by taking a one-minute quiz at [lark.com/anthemBC](https://lark.com/anthemBC).

### Take control of your health

Lark members lose an average of 4% of their weight, lowering their risk for type 2 diabetes.<sup>2</sup>

**Anthem** 

**lark**

<sup>1</sup> Check your plan to find out if the program qualifies as a preventive benefit and is reimbursed at 100%.

<sup>2</sup> Lark internal data

Diabetes Prevention Program is provided by Lark, an independent company.

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