



A program focused on helping you improve your health

Introducing digital diabetes prevention coaching

Roughly 88 million Americans are living with prediabetes but 84% aren't even aware they have it.¹ Prediabetes often doesn't cause symptoms, but it does increase the risk of developing type 2 diabetes, heart disease, and stroke. That's why Anthem has partnered with Lark to offer a diabetes prevention program that can help you determine if you're at risk for prediabetes and if needed, take steps to address it.

This program can help you:



Lose
weight



Eat
healthier



Increase
activity



Sleep
better



Manage
stress

Better health is within your reach

You can participate in this program at no extra cost as part of your health plan. Track your progress, check in with your coach, and learn more about prediabetes right in Lark's free mobile app. This program is flexible, convenient, and follows guidelines from the Centers for Disease Control and Prevention (CDC) to help you make small changes that can improve your health and decrease your risk over time.



Weight loss with Lark

Losing weight can make a big difference in lowering your risk for type 2 diabetes. Lark members lose an average of 4.2% of their body weight in 12 months on the diabetes prevention program.² As part of the program, you receive a wireless scale at no extra cost to help you track your weight loss progress. Your scale also syncs with the Lark app so you can share updates with your coach.

24/7 coaching support

Losing weight and making lifestyle changes can feel intimidating even if you know it can lead to better health. Your coach can help you stay motivated. Send your coach a message anytime from anywhere and receive an immediate response and extra support when you need it most. During the course of the program, your coach will:

- Be available 24/7 through the Lark mobile app to provide personalized coaching.
- Customize your program based on your food preferences and lifestyle.
- Provide educational information on prediabetes and preventing type 2 diabetes.
- Help you learn about how stress affects your health and how to cope with it.

You are in control of your health. Prevent diabetes and start improving your overall health and well-being today.



Learn if you are at risk for prediabetes

Go to lark.com/anthemBC and take a quick one-minute survey to see if you could benefit from Lark's diabetes prevention program.



1 Centers for Disease Control and Prevention website: *Prediabetes – Your Chance to Prevent Type 2 Diabetes* (accessed October 2020); cdc.gov.

2 Lark internal data

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

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.



Lark's diabetes prevention program

Frequently asked questions

If you are one of the roughly 88 million Americans with prediabetes,¹ Lark has a program that can help you address it with healthy lifestyle changes before it develops into type 2 diabetes. The following are answers to commonly asked questions about the digital program.

Q: What does it mean to have prediabetes?

A Having prediabetes means your blood sugar levels are higher than they should be. If you have prediabetes, you are at higher risk of heart attack, stroke, and developing type 2 diabetes. However, making small lifestyle changes can help you improve your health and prevent diabetes.

Q: How do I know if I am at risk for prediabetes?

A: Most people with prediabetes aren't aware they have it because they don't show symptoms and doctors don't routinely test for it. Key risk factors for prediabetes include your age, family history, weight, and activity level.¹ To determine your risk level and whether you are eligible for Lark's program, visit lark.com/anthemBC.

Q: What is a diabetes prevention program (DPP)?

A A diabetes prevention program uses guidelines from the CDC to teach you about prediabetes and help you make small lifestyle changes that can significantly reduce your chance of developing type 2 diabetes or other health issues.

Q: What is included in the Lark DPP?

A: Lark's diabetes prevention program includes access to a digital coach. Your coach is available 24/7 to offer friendly, personalized, text message-based coaching through the Lark mobile app. There are no meetings to attend or phone calls to schedule in advance. You can check in whenever and wherever it is convenient for you, right from your smartphone. As part of the program, you will also receive a wireless scale that uploads your information to the app automatically so you can easily track your progress and share it with your coach. Lark will even send you a personal activity tracker, as long as you stay active in the program.



Q: What topics can a Lark coach help me address?

A: Your Lark coach provides personalized support and guidance in several areas to help reduce your risk of developing type 2 diabetes, including:

- Weight loss and weight management
- Prediabetes-specific nutrition that doesn't involve counting calories
- Weekly prediabetes education, with daily check-ins to help you stay on track
- Stress management and identifying stress triggers
- Sleep and physical activity

Your coach also learns about you over time and customizes your coaching experience based on your goals and progress.

Q: How do I start my digital Lark coaching?

A: First, visit lark.com/anthemBC and take the one-minute Prediabetes Risk Test to determine if you are at risk for prediabetes. If the test indicates that you have prediabetes or are likely to have prediabetes, you'll be given a link to download Lark from the App Store® or Google Play™. You can begin interacting with your digital Lark coach immediately.

Q: How much does Lark's DPP cost?

A: Lark's DPP is included at no extra cost as part of your Anthem health benefits, and includes access to the mobile app. The wireless connected scale also comes at no extra cost.

Q: Will Lark share my personal data with my employer?

A: No. Lark may share generalized data, such as the number of employees using the program or the average amount of weight lost by employees, but Lark does not share individually identifiable data with your employer.

Q: Do people see results with Lark?

A: Yes. There are tens of thousands of people improving their health with Lark. After one year on the program, 40% of Lark members lose 5% of their starting weight.² This weight loss has been shown to greatly reduce the risk of developing type 2 diabetes.

Q: If I'm not good with technology will Lark's digital program still work for me?

A: Yes, Lark is for everyone. If you can text, you can use Lark. In fact, Lark users over the age of 50 have slightly better results than younger Lark users.³



Don't let prediabetes control your future. Let Lark show you how small changes now can lead to better health moving forward. Scan this QR code with your smartphone and take the one-minute quiz to determine your risk.

¹ Centers for Disease Control and Prevention website: *Prediabetes - Your Chance to Prevent Type 2 Diabetes* (accessed October 2020): cdc.gov.

² Lark internal data.

³ Lark internal data, *Clinical outcomes from older adults in a digital diabetes prevention program*.

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Preventing diabetes just got easier

SMART SCALE INCLUDED!



Introducing Lark Digital Health Coaching

People with prediabetes have higher than normal blood sugar which can substantially increase the risk of developing type 2 diabetes. People often don't even know they have prediabetes, because it can occur with no symptoms. The good news is that there are steps you can take now to decrease your risk.

Your employer has teamed up with Lark to bring you access to the tools you need to take those steps and prevent type 2 diabetes. Available 24/7 on your smartphone, the Lark Diabetes Prevention Program is included at no extra cost as a benefit of your health plan. If you qualify, you'll also get a digital scale with the opportunity to earn a Fitbit®.

Together we can help you:



Create healthy eating habits



Reach or maintain a healthy weight



Make time for physical activity



Manage stress levels



Improve sleep quality



Set and reach your health goals

Get started with a quick eligibility survey



Scan this QR code with your smartphone camera to get started.

Or visit lark.com/anthem

Eligibility requirements for the Lark Diabetes Prevention Program include qualifying as prediabetic according to a survey designed by the Centers for Disease Control and membership in a participating health plan. You may be eligible to earn health-related devices such as a scale or Fitbit® at no cost to you. The ability to earn health-related devices may vary by health plan and may contain minimum program engagement requirements, such as weighing in, completing missions with your digital coach, and logging activity or meals. Eligibility determinations are made by Lark at its sole discretion.