



# Digital health coaching from Lark



Roughly 98 million Americans (1 in 3) are living with prediabetes, but 81% aren't even aware they have it.<sup>1</sup> The good news is we're here to help. We've partnered with Lark to offer you the Diabetes Prevention Program, which can help you take steps to lower your risk.

## This program can help you:



Lose weight



Eat healthier



Increase activity



Reduce stress



## Extra support for weight loss and lifestyle changes

Lark's unique approach to weight loss and lifestyle changes not only helps lower the risk of type 2 diabetes, but also makes it possible for program participants to lose an average of 5.3% of their body weight within 12 months.<sup>2</sup>

If you qualify and enroll in this program, coaches can also help guide you to reach your weight loss goals and give you tips to make changes that count.



## You can take advantage of:

- Personalized support and motivation, covering topics from prediabetes to stress management.
- A program to fit your lifestyle and food preferences.
- 26 Centers for Disease Control and Prevention (CDC)-recognized educational lessons to build knowledge on prediabetes and diabetes prevention.
- A complimentary smart scale that connects and syncs to the Lark app to track your progress.
- The chance to earn a Fitbit activity tracker by completing engagement milestones.
- A community of like-minded people working toward the same overall goals as you.

**You are in charge of your health. Prevent diabetes and improve your overall health and well-being today.**



## See if you qualify for the program

Scan the QR code with your phone's camera to take the one-minute survey.



<sup>1</sup> Centers for Disease Control and Prevention: *Do I Have Prediabetes? Campaign* (May 15, 2024): [cdc.gov](https://www.cdc.gov).

<sup>2</sup> Sage Journals: *Weight loss in a digital app-based diabetes prevention program powered by artificial intelligence* (October 9, 2022): [journals.sagepub.com](https://journals.sagepub.com).

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

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