



Better health at your fingertips!

Whether you want to lose weight, lower your blood pressure, manage diabetes, improve your posture, or tackle joint pain...



Dario is here for you.

- Easy-to-use mobile apps for tracking, tips and more
- Connected devices like a scale or blood pressure monitor to check your progress
- Personal health coaching by chat or phone
- Healthy living tips, interesting articles, recipes, and more

GET STARTED TODAY AT NO COST!

Visit: mydar.io/b/elmbrookschoools



Call: 1.833.739.1796
(9am- 9pm ET)

Scan: the QR code

The Dario programs are available to Elmbrook Schools employees enrolled in the UMR health plan, as well as their spouses and adult dependents (18 years and older) who are also enrolled in the UMR health plan.