



DarioHealth Program Talking Points/FAQs

1. What are the Dario Healthy Living programs?

The Dario Healthy Living programs are *digital health programs that help members live better and healthier lives*. The programs include easy-to-use mobile apps, smart measurement devices (blood pressure monitor, glucometer, weight scale, and movement sensor), one-on-one health coaching by chat or phone, and guidance and tips for healthier living.

2. What are the programs I have access to as an employee?

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, have access to these Dario programs AT NO COST!

- **Diabetes Management**

- Free pocket-sized blood glucose monitoring system that turns your smartphone into a glucometer
- *Free, unlimited supply of testing strips and lancets* shipped right to your door
- Access to the Dario App to seamlessly log your measurements and to send reports electronically to your healthcare team whenever you'd like
- Ability to add emergency contact information and alerts for those times you may need help with a hypoglycemic event

- **Blood Pressure Management**

- Free digital blood pressure monitor that sends measurements straight to the Dario App
- Convenient and simple tracking and data sharing with your healthcare team
- Tips and guidance on improving health habits for better B.P. management

- **Weight Management**

- Free Dario scale that syncs measurements straight to the Dario App
- Easy tracking of food intake and physical activity, along with wellness tips, for improving health habits along your journey

- **Musculoskeletal (Joint) Health**

- Free Dario Move kit (complete with a wearable sensor) that shows real-time movement in the Dario Move app while you exercise to improve your musculoskeletal health



(Musculoskeletal Health cntd.)

- “Move programs” specially selected by joint area to focus on where you need it the most
- Oversight by a Physical Therapist to personalize your program

3. Which of the Dario programs are right for me?

As you walk through the Dario program sign-up process, you will answer a few questions so Dario can recommend the programs that are the best fit for you.

4. Can I enroll in more than one of the Dario programs?

Yes! You can enroll in as few as one or as many as all 4 of the Dario programs. And, if you start with a program or two and decide you want to join additional programs in the future, you can do that, too.

5. Do I have to decide whether I want to enroll in Dario right now?

No. The Dario programs are available ongoing. If you’d like to talk with your doctor about which programs might be right for you, or discuss enrolling in the programs with your family, take your time. Dario will be here for you when you are ready to join us on your journey to better health.

6. Do I have to pay for the Dario programs?

No. Elmbrook Schools employees enrolled in the UMR health plan have access to the Dario programs *at no cost* as an employee benefit. Your spouses and adult dependents (18 years and older) who are also enrolled in the UMR health plan can join the Dario programs at no cost, too.

7. Do I have to use a Dario health coach?

Although Dario strongly recommends working with a coach for personalized guidance and support, some members have used our programs in a more self-guided way, accessing their coach “as needed”. Your coach is always there for you to help you as much as you need and to partner with you so you get the most out of your Dario experience.



8. Can I talk with someone about the programs before I decide whether to join?

Yes! You can talk with a Dario Enrollment Specialist at **1.833.739.1796**. They are available **Mon-Fri from 9 a.m. to 9 p.m. ET** to answer any questions you have about the Dario programs. Once the programs are available to you, they can also enroll you over the phone, should you decide to join.

9. When will the Dario programs be available to me?

The Dario programs will be available to you beginning on August 1, 2023. You'll receive an email about how to access the Dario Program enrollment website then.

10. Can I enroll in the Dario Programs online?

Yes! To enroll online, just look for the Dario Program Announcement email, flyer, digital screen, or direct mail postcard and click the link or scan the QR code to get started. You can also call the enrollment number listed above (please see #8).

11. Are my Dario measurements, results, and coaching interactions completely confidential?

Yes! Dario will never disclose any medical information obtained through your enrollment or participation in our programs. As with other entities covered by HIPAA, any clinical conversation and/or information you share with Dario will remain *completely confidential*. Results are *never shared* unless you request that your numbers be sent from the app to your healthcare provider (i.e. blood glucose or blood pressure graphs). Your measurements, results, and interactions with Dario coaches are *never shared with your employer*. Please use these links for more detailed information about Dario's [Terms of Use](#) and [Privacy Policy](#).