

# Managing your health just got easier with blood pressure coaching from Lark!

Enroll today and get a blood pressure cuff and smart scale at no additional cost to you.



It's time to take control of your health, and at no additional cost to you. We understand that managing health and controlling blood pressure levels can be challenging and that's why Medical Mutual and Lark have teamed up to bring you help, tips, and motivation 24/7. Your Lark digital coach is available on your smartphone, and will help you make simple changes that will not only improve your overall health, but also control your blood pressure. Lark is included in your Medical Mutual benefits, so there is no additional cost to begin your journey. **As an added bonus, if you enroll today, you will receive a blood pressure cuff and smart scale that connects directly to the app.**



Create healthy eating habits



Make time for physical activity



Blood pressure tracking and coaching



Maintain a healthy weight



Manage stress levels

## Ready to get started?

Get started today and claim your devices at no additional cost to you.

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



Online visit  
[enroll.lark.com/MedMutual](https://enroll.lark.com/MedMutual)



Lark is an independent company that offers health and wellness programs utilizing A.I.-enabled digital coaching to participating health plan members who are suffering from or at risk of chronic health conditions. Lark is not a medical device, nor does it provide or substitute for professional medical advice, diagnosis or treatment. Anyone experiencing medical issues or needing medical advice should consult their doctor. Lark does not endorse any specific product service or treatment. Health care plans and the benefits thereunder are subject to the terms of the applicable benefit agreement.

Lark and the Lark logo are trademarks of Lark Technologies, Inc. All other trademarks are the property of their respective owners.

Eligibility requirements for Lark's programs include membership in a participating health plan and may include meeting applicable health-related criteria. You may be eligible to receive health-related devices at no cost to you through enrollment.

Questions? If you have questions about Lark Health's digital health coaching program, please call Medical Mutual at 1-800-590-2583 (TTY: 711 for hearing impaired) Monday through Friday from 8 a.m. to 4 p.m. (confidential voicemail available 24/7).



# Managing your health is easier with digital coaching from Lark!

Enroll today and get a smart scale at no additional cost to you.



It's time to take control of your health, and at no additional cost to you. We understand that managing your health can be challenging and that's why Medical Mutual and Lark have teamed up to bring you help, tips, and motivation 24/7. Lark's personal coaching is available on your smart phone, and will help you make simple changes that will not only improve your overall health, but help prevent Type 2 diabetes. Lark is included in your Medical Mutual benefits, so there is no additional cost to begin your journey. **As an added bonus, if you enroll today, you will receive a wireless scale that connects directly to the app and even reminds you when it is time to log your weight.**



Create healthy eating habits



Make time for physical activity



Improve sleep quality



Maintain a healthy weight



Manage stress levels

## Ready to get started?

Take the quick eligibility survey and if you qualify, order your devices at no additional cost to you—it's that simple!

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# Managing your health just got easier with diabetes coaching from Lark!

Enroll today and get a glucometer and smart scale at no additional cost to you.



It's time to take control of your health, and at no additional cost to you. We understand that managing your health and diabetes can be challenging and that's why Lark and Medical Mutual have teamed up to bring you the Lark Diabetes Care Program. This program brings you help, tips, and motivation 24/7. Lark's digital diabetes coaching is available on your smartphone, and will help you make simple changes that will make managing your health and diabetes easier than ever. Lark is included in your Medical Mutual benefits, so there is no additional cost to begin your journey. **As an added bonus, if you enroll today, you will receive a glucometer and a smart scale that integrates directly with the app.**



Create healthy eating habits



Make time for physical activity



Blood sugar tracking and coaching



Maintain a healthy weight



Manage stress levels



Track important appointments

## Ready to get started?

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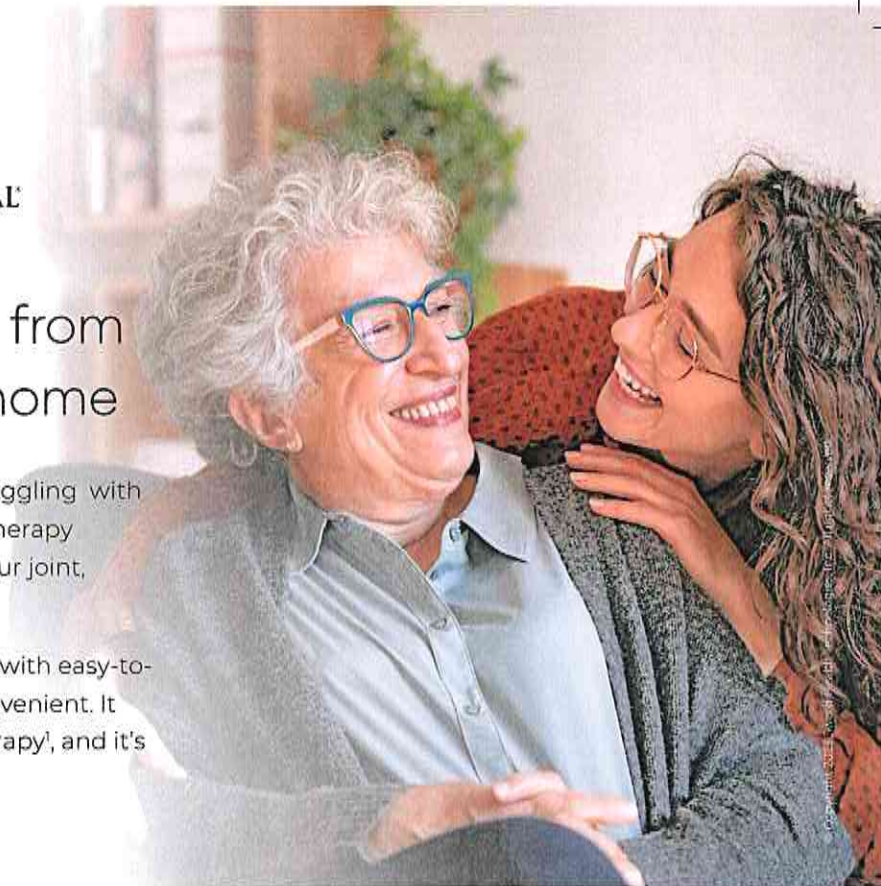
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# Relieve aches + pain from the comfort of your home

Tired of chronic pain or loss of mobility? Struggling with discomfort? Meet Sword, a digital physical therapy program designed to help you overcome your joint, back or muscle pain—all from home.

Combining licensed physical therapists (PT) with easy-to-use technology, Sword is more than just convenient. It can be as effective as in-person physical therapy<sup>1</sup>, and it's available to you at no additional cost.



## Here's how it works



### Pick Your PT

Thanks to your dedicated PT, your Sword program is entirely customized to you, your goals and your abilities.



### Get Your Sword Kit

Your kit comes with your own tablet, and will provide you and your PT with real-time feedback.



### Stay Connected

Chat 1:1 with your PT anytime. They'll check in, monitor your progress, and adjust your program as needed.



### Feel the Relief

Complete your exercise sessions whenever is most convenient for you. Then feel pain relief for yourself.

## Pain doesn't wait. Why should you? Enroll today to get started!



[join.swordhealth.com/medmutual/register](https://join.swordhealth.com/medmutual/register)



Available to you and eligible family members 13+ at no additional cost as part of Medical Mutual's Chronic Condition Management Program.

<sup>1</sup> Correia, F. D., Nogueira, A., Magalhães, J., et al. (2018). Home-based rehabilitation with a novel digital biofeedback system versus conventional in-person rehabilitation after total knee replacement: A feasibility study. *Scientific Reports*, 8(1). <https://doi.org/10.1038/s41598-018-29908-0>





# Next-generation pelvic health care *from home*



Digital pelvic therapy available at no additional cost as part of Medical Mutual's Chronic Condition Management Program.



Learn more at [join.hibloom.com/MedMutual](https://join.hibloom.com/MedMutual)



Bladder Health



Sexual Health



Pelvic Pain



Bowel Health



Pregnancy



Postpartum



Menopause

## Expert, individualized care

Bloom's individualized care program is guided by Pelvic Health Specialists, all of whom have Doctor of Physical Therapy degrees.

## Safe, intravaginal pod

The Bloom Pod by Elvie is an intravaginal device that measures contraction, force and lengthening of the pelvic floor muscles. It's encased in medical-grade silicone and provides real-time biofeedback in the app.

## Education throughout the journey

Developed by leading physicians and physical therapists, Bloom's content hub is a safe space to tackle stigmatized topics and seek relief.

## Full-spectrum solution

Bloom is clinical-grade, comprehensive and listed by the Food and Drug Administration (FDA).

## How prevalent are *pelvic disorders*?

**1 in 4**

women suffer from **moderate to severe** pelvic health disorders

**50%**

of **pregnant and postpartum** women have pelvic floor disorders

**45%**

of women with **chronic pelvic pain** report reduced work productivity

**10%**

of reproductive-aged women have **endometriosis**

**74%**

of women aged 40-59 suffer from **prolapse**

**1 in 3**

women suffer from **bladder issues**

Bloom is available at no additional cost to all US-based Medical Mutual members and covered dependents who are age 18+ with vaginal anatomy regardless of gender identity as part of Medical Mutual's Chronic Condition Management Program.

