

Anthem[®]

lark

Digital Diabetes Prevention Program



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

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!

- Eat healthier
- Increase activity
- Reduce stress
- Lose weight

To see if you qualify for the program, scan the QR code and take the one-minute survey.

