



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.¹ 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.²

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.



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

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

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

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