MEDICAL MUTUAL | lark

Scan to Activate Your Digital Health Coach—at no additional cost to you.

OR visit **www.lark.com/mm-dpp**



Small changes add up. We help make them stick.

Lowering your risk for type 2 diabetes doesn't require a strict diet or a gym membership. It starts with small, consistent shifts in what you eat, how much you move, and how you handle stress. Medical Mutual has partnered with Lark to give you a digital health coach who helps you find the changes that fit your life and checks in to keep you on track. It's science-backed, and it works because it's built around you, not a one-size-fits-all plan.

- Reach or maintain a healthy weight
- Create healthy eating habits
- Prevent chronic conditions
- Make time for physical activity
- Set and reach your health goals
- Improve sleep quality

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Eligibility requirements for Lark's programs include membership in a participating health plan or pharmacy benefit plan and may include meeting applicable health-related criteria. You may be eligible to earn health-related devices such as a scale or fitness tracker at no cost to you. The ability to earn health-related devices may vary by plan and may contain minimum program engagement requirements, such as weighing in, completing missions with your digital coach, and logging activity or meals. Eligibility determinations are made by Lark at its sole discretion. Lark and the Lark logo are trademarks of Lark Technologies, Inc. All other trademarks are the property of their respective owners.