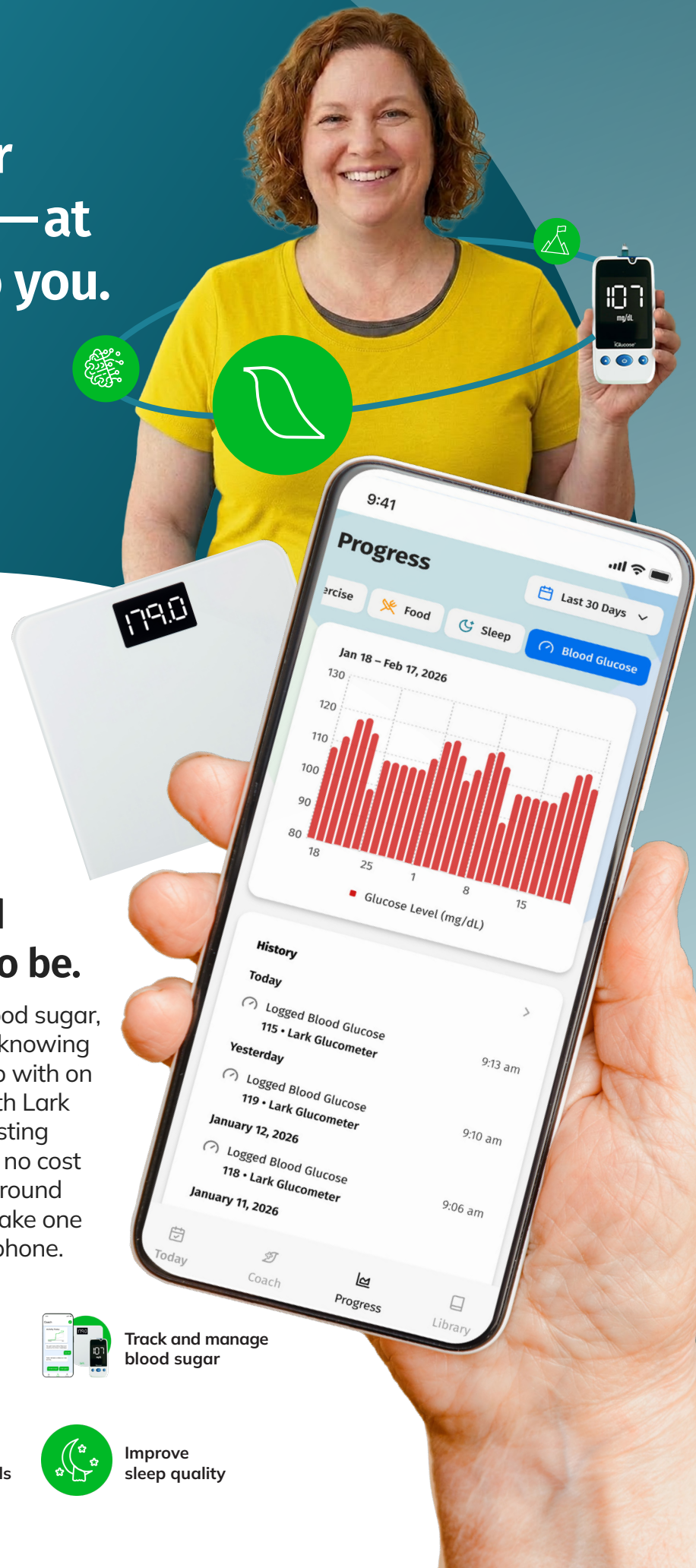
MEDICAL MUTUAL | lark

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



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

Blood sugar is complicated but support doesn't have to be.

Managing diabetes means tracking your blood sugar, watching what you eat, staying active, and knowing when something's off. That's a lot to keep up with on your own. Medical Mutual has partnered with Lark to give you a digital health coach and the testing supplies you need, delivered to your door, at no cost to you. Your coach automatically checks in around meals, tracks your readings, and helps you take one manageable step at a time—all from your phone.

- Reach or maintain a healthy weight
- Create healthy eating habits
- Track and manage blood sugar
- 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.