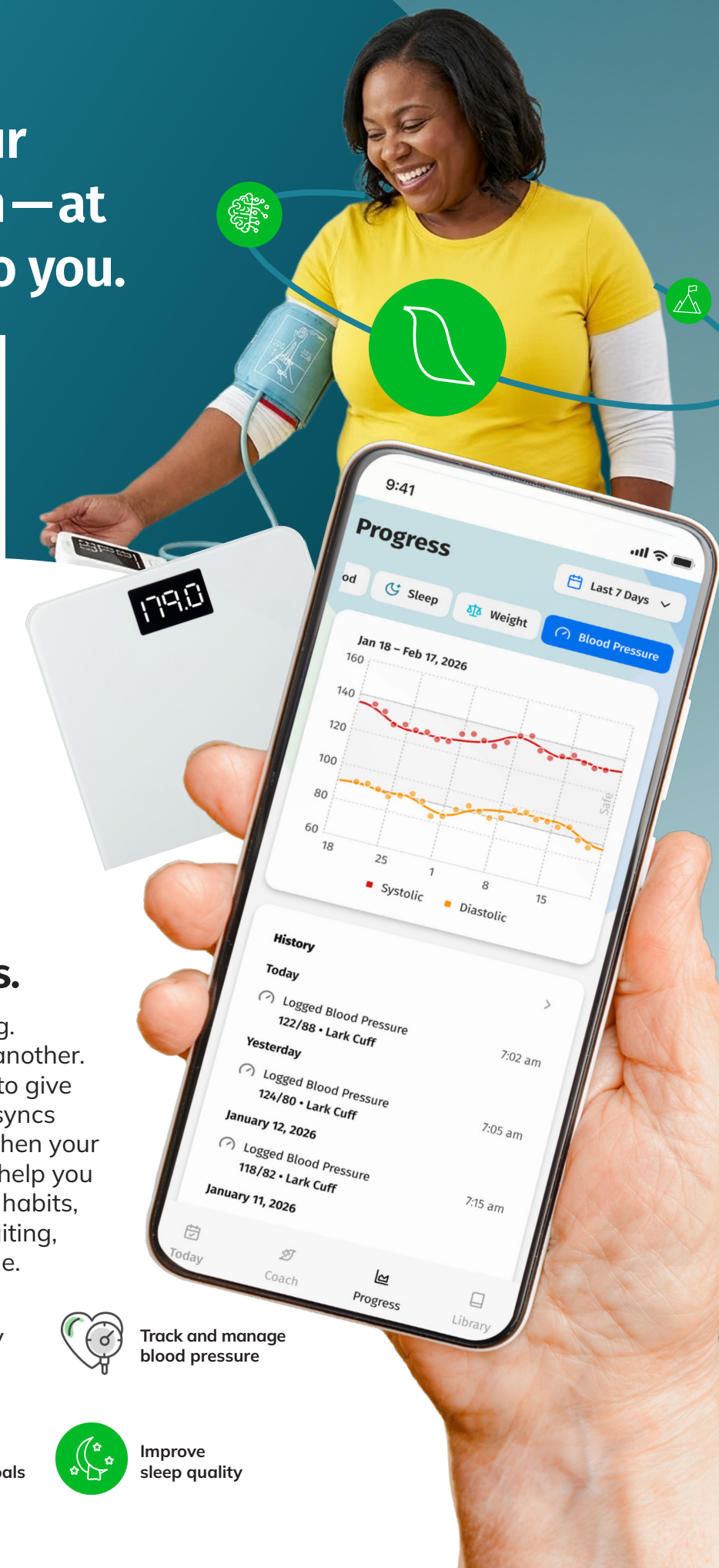
MEDICAL MUTUAL | lark

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

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



Manage your heart health on your schedule, not ours.

Checking your blood pressure is one thing. Knowing what to do with the number is another. Medical Mutual has partnered with Lark to give you a personal digital health coach that syncs directly with your blood pressure cuff.. When your reading comes in, your digital coach can help you understand general trends, build healthy habits, and stay on track with your goals. No waiting, just clear, steady support from your phone.

- Reach or maintain a healthy weight
- Create healthy eating habits
- Track and manage blood pressure
- Make time for physical activity
- Set and reach your health goals
- Improve sleep quality

Medical Mutual | lark

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.