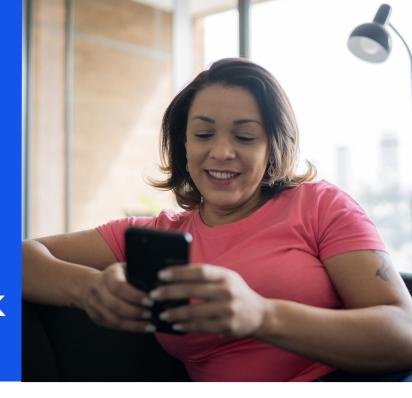


Digital health coaching from Lark



Roughly 98 million Americans (1 in 3) are living with prediabetes, but 81% aren't even aware they have it. 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.

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.

Anthem Blue Cross and Blue Shield is the trade name of. In Colorado: Rocky Mountain Hospital and Medical Service, Inc., HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Georgia; Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. and Community Care Health Plan of Georgia, Inc. In Indiana: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): Right-CHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HIMO Missouri, Inc. RIT and certain affiliates and insister non-HIMO benefits underwritten by HMO Colorado, Inc., dab HMO Kenderwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dab HMO Keyoda, In New Hampshire, Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by either Matthew Thornton Health Plan, Inc. or Anthem Health Plans of New Hampshire, Inc. In 17 southeastern counties of New York: Anthem Health Plans of New Hampshire, Inc. In 17 southeastern counties of New York: Anthem Health Plans of New Hampshire, Inc. In 18 southeastern counties of New York: Anthem Blue Cross and Blue Shield and Its affiliate Health Plans of New Hampshire, Inc. In 18 southeastern counties of New York: Anthem Health Plans of New Hampshire, Inc. In 18 southeastern counties of New York: Anthem Health Plans of New Hampshire, Inc. In 18 southeastern counties of New Hampshire, Inc. In 18 southeastern Plans of New Hampshire, Inc. In 18 southeastern Company, In Nirginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield Association. Anthem Health Plans of State Route 18.1. In Wisconsin Collaborative Insurance Cor