

# Managing your health just got easier with diabetes coaching from Lark!

Enroll today and get a glucometer and smart scale at no additional cost to you.



It's time to take control of your health, and at no additional cost to you. We understand that managing your health and diabetes can be challenging. That's why Lark and Medical Mutual have teamed up to bring you the Lark Diabetes Care Program. This program brings you help, tips, and motivation 24/7. Lark's digital diabetes coaching is available on your smartphone, and will help you make simple changes to better manage your health and diabetes. Lark is included in your Medical Mutual benefits, so there is no additional cost to begin your journey. As an added bonus, if you enroll today, you will receive a glucometer and a smart scale that integrates directly with the app.



Eat healthier with custom recipes and grocery lists



Make time for physical activity



Blood sugar tracking and coaching



Maintain a healthy weight



Manage stress levels



Track important appointments

## Choose how you'd like to enroll!

Get started today and claim your device at no additional cost to you

1. Scan this QR code with your smartphone camera
2. OR Text **START** to **45595** and use code **MedMutual** when prompted
3. OR Go online and visit [enroll.lark.com/MedMutual](https://enroll.lark.com/MedMutual)



Lark is an independent company that offers health and wellness programs utilizing A.I.-enabled digital coaching to participating health plan members who are suffering from or at risk of chronic health conditions. Lark is not a medical device, nor does it provide or substitute for professional medical advice, diagnosis or treatment. Anyone experiencing medical issues or needing medical advice should consult their doctor. Lark does not endorse any specific product service or treatment. Health care plans and the benefits there under are subject to the terms of the applicable benefit agreement.

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Eligibility requirements for Lark's programs include membership in a participating health plan and may include meeting applicable health-related criteria. You may be eligible to receive health-related devices at no cost to you through enrollment.

Questions? If you have questions about Lark Health's digital health coaching program, please call Medical Mutual at 1-800-590-2583 (TTY: 711 for hearing impaired) Monday through Friday from 8 a.m. to 4 p.m. (confidential voicemail available 24/7).