



## A program focused on helping you improve your health

### Introducing personal diabetes prevention coaching

Roughly 88 million Americans are living with prediabetes but 84% aren't even aware they have it.<sup>1</sup> Prediabetes often doesn't cause symptoms, but it does increase the risk of developing type 2 diabetes, heart disease, and stroke. For Hispanic Americans, there is an increased risk of prediabetes, and the chances of developing type 2 diabetes are more than 10% higher.<sup>2</sup> That's why Anthem has partnered with Lark to offer a diabetes prevention program that can help you determine if you're at risk for prediabetes and, if needed, take steps to address it.

#### This program can help you:



Lose  
weight



Eat  
healthier



Increase  
activity



Sleep  
better



Manage  
stress

#### Better health is within your reach

You can participate in this program at no extra cost as part of your health plan. Track your progress, have weekly phone sessions with your coach, and learn about prediabetes. This program is flexible, customized for you, and follows guidelines from the Centers for Disease Control and Prevention (CDC) to help you make small changes that can improve your health and decrease your risk over time.



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## Weight loss with Lark

Losing weight can make a big difference in lowering your risk for type 2 diabetes. Lark members lose an average of 4.2% of their body weight in 12 months on the diabetes prevention program.<sup>3</sup> As part of the program, you receive a wireless scale at no extra cost to help you track your weight loss progress, so you can share updates with your coach.

## Personal coaching support

Losing weight and making lifestyle changes can feel intimidating even if you know it can lead to better health. Your coach can help you stay motivated and offer extra support. During the course of the program, your coach will:

- Email you weekly lessons on topics such as staying motivated, finding time for physical activity, and grocery shopping for healthy foods.
- Offer personalized advice during regular phone coaching sessions (the program includes up to one call per week).
- Help you learn about how stress affects your health and how to cope with it.

**You are in control of your health. Prevent diabetes and start improving your overall health and well-being today.**



## Learn if you are at risk for prediabetes

Go to [lark.com/anthemBC](https://lark.com/anthemBC) and take a quick one-minute survey to see if you could benefit from Lark's diabetes prevention program.



1 Centers for Disease Control and Prevention website: *Prediabetes - Your Chance to Prevent Type 2 Diabetes* (accessed October 2020): cdc.gov.

2 Centers for Disease Control and Prevention website: *Hispanic/Latino Americans and Type 2 Diabetes* (accessed December 2020): cdc.gov.

3 Lark internal data

Diabetes Prevention Program is provided by Lark, an independent company.

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