



# Lark's diabetes prevention program

## Frequently asked questions

If you are one of the roughly 88 million Americans with prediabetes,<sup>1</sup> Lark's program can help you address it with healthy lifestyle changes before it develops into type 2 diabetes. The following are answers to commonly asked questions about the digital program.

### Q: What does it mean to have prediabetes?

**A** Having prediabetes means your blood sugar levels are higher than they should be. If you have prediabetes, you are at higher risk of heart attack, stroke, and developing type 2 diabetes. However, making small lifestyle changes can help you improve your health and prevent diabetes.

### Q: How do I know if I am at risk for prediabetes?

**A:** Most people with prediabetes aren't aware they have it. There aren't always symptoms and doctors don't routinely test for it. Key risk factors for prediabetes include your age, family history, weight, and activity level.<sup>1</sup>

### Q: What is a diabetes prevention program (DPP)?

**A** A diabetes prevention program uses guidelines from the Centers for Disease Control and Prevention (CDC) to teach you about prediabetes and help you make small lifestyle changes. These changes can significantly reduce your chance of developing type 2 diabetes or other health issues.

### Q: What is included in the Lark DPP?

**A:** Lark's diabetes prevention program includes access to a digital coach. Your coach is available 24/7 to offer friendly, personalized, text message-based coaching through the Lark mobile app. There are no meetings to attend or phone calls to schedule in advance. You can check in whenever and wherever it is convenient for you, right from your smartphone. As part of the program, you will also receive a wireless scale that uploads your information to the app automatically so you can easily track your progress and share it with your coach. Lark will even send you a personal activity tracker, as long as you stay active in the program.

**Q: What topics can a Lark coach help me address?**

**A:** Your Lark coach provides personalized support and guidance in several areas to help reduce your risk of developing type 2 diabetes, including:

- Weight loss and weight management
- Prediabetes-specific nutrition that doesn't involve counting calories
- Weekly prediabetes education, with daily check-ins to help you stay on track
- Stress management and identifying stress triggers
- Sleep and physical activity

Your coach also learns about you over time and customizes your coaching experience based on your goals and progress.

**Q: How do I start my digital Lark coaching?**

**A:** Use your smartphone camera, scan the QR code below, and take a one-minute prediabetes survey to see if you are eligible for Lark's program. If the survey indicates that you have prediabetes or are likely to have prediabetes, you'll be given a link to download Lark from the App Store® or Google Play™. You can begin interacting with your digital Lark coach immediately.

**Q: How much does Lark's DPP cost?**

**A:** Lark's DPP is included at no extra cost as part of your Anthem health benefits, and includes access to the mobile app. The wireless connected scale also comes at no extra cost.

**Q: Will Lark share my personal data with my employer?**

**A:** No. Lark may share generalized data, such as the number of employees using the program or the average amount of weight lost by employees, but Lark does not share individually identifiable data with your employer.

**Q: Do people see results with Lark?**

**A:** Yes. There are tens of thousands of people improving their health with Lark. After one year on the program, 40% of Lark members lose 5% of their starting weight.<sup>2</sup> This weight loss has been shown to greatly reduce the risk of developing type 2 diabetes.

**Q: If I'm not good with technology will Lark's digital program still work for me?**

**A:** Yes, Lark is for everyone. If you can text, you can use Lark. In fact, Lark users over the age of 50 have slightly better results than younger Lark users.<sup>3</sup>



**Learn if you are at risk for prediabetes**  
Scan the QR code to download the Sydney<sup>SM</sup> Health mobile app and login using your existing health plan credentials. Once you login, you will find the Lark DPP screen under Programs in My Health Dashboard to take the one-minute survey.

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

<sup>2</sup> Lark internal data.

<sup>3</sup> Lark internal data, *Clinical outcomes from older adults in a digital diabetes prevention program*.

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

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