



MEDICAL MUTUAL®

Want to get healthy? Lark digital coaching is for you.

Getting healthy can be hard, and Lark is here to help every step of the way. Lark is a digital health coach available 24/7 from your smartphone. Lark's friendly and supportive digital coach can help you eat better, move more, and stress less through personalized tips and recommendations. The programs are part of your Medical Mutual benefits, so there is no additional cost to you!



Diabetes Prevention – Lose weight and get healthy with Lark's CDC recognized Diabetes Prevention Program and receive a complimentary smart scale.



Diabetes Care – This program helps you take control of diabetes and includes a complimentary smart scale and glucometer with testing supplies.



Hypertension Care – Manage high blood pressure and build healthy habits with help from a smart scale and blood pressure cuff at no cost to you!



All programs include:



The Lark app and a personalized digital coach



Nutrition coaching and a food tracker



Tips to increase exercise and improve sleep quality



Smart devices that connect to the Lark app to track your progress

Get started today!

Take control of your health and claim your devices at no cost to you.

Enroll your way—3 different options!

1. Scan this QR code with your smartphone
2. Text START to 45595 and use code MedMutual when prompted
3. Go online and visit 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 thereunder are subject to the terms of the applicable benefit agreement.

Lark and the Lark logo are trademarks of Lark Technologies, Inc. All other trademarks are the property of their respective owners.

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).