



# A program focused on improving your health

## Introducing personal diabetes prevention coaching

Roughly 96 million Americans are living with prediabetes, but 80% 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 17% 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

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.



## 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 4.4% 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

Your coach can help keep you motivated and offer extra support for your health goals. 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/anthemca](https://lark.com/anthemca) and take a quick one-minute survey to see if you could benefit from Lark's Diabetes Prevention Program.



<sup>1</sup> Centers for Disease Control and Prevention website: Prediabetes - Your Chance to Prevent Type 2 Diabetes (accessed September 2022): [cdc.gov](https://www.cdc.gov).

<sup>2</sup> Centers for Disease Control and Prevention website: Hispanic or Latino People and Type 2 Diabetes (accessed September 2022): [cdc.gov](https://www.cdc.gov).

<sup>3</sup> Lark internal data for members enrolled between May 2019 and April 2020.

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

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.