



# Prevent Progression to Type 2 Diabetes with Lark's Fully CDC-Recognized **Diabetes Prevention Program**

**Lark's Diabetes Prevention Program (DPP)** is a personalized digital health solution that uses A.I coaching and a wireless scale to help your members lower their risk for type 2 diabetes. The smartphone-based platform provides 24/7 coaching that helps members take small steps over time to create lasting behavior change and improved health.



## Clinically Effective, Cost-Efficient Care

- Similar or better clinical outcomes than competitors at 50-80% lower cost
- Instant and infinite scalability to treat your entire at-risk population
- Positive ROI within one year



## Increased Engagement and Accessibility

- Multimodal campaigns to identify, enroll, and treat your at-risk employees
- Demonstrated reach to typically hard-to-engage populations
- Real-time, on-demand feedback that drives successful behavior change



## Pioneering Healthcare 3.0

- Lark moves beyond the cost and resource constraints of in-person therapy (Healthcare 1.0) and telephonic coaching (Healthcare 2.0)
- 24 x 7 x 365 A.I-based coaching (Healthcare 3.0) drives benefits that improve, rather than degrade, at scale

Learn more at [www.lark.com](http://www.lark.com) or email [modernizecare@lark.com](mailto:modernizecare@lark.com)

### KEY OUTCOMES\*

# 5.0%

average weight loss at 12 months

# 40%

achieve at least 5% weight loss at 12 months

# 6.5%

average weight loss at 12 months for those age 65+

### THE PROGRAM INCLUDES

CDC's 26-week Prevent T2 educational program

Weight coaching facilitated by a connected scale

Digital Nutrition Therapy

Personalized guidance on sleep and physical activity

Behavioral health screening, stress and resilience coaching, & escalation resources

Tobacco cessation coaching (available in year two)

\*Based on Lark program data for members meeting CDC qualification criteria