



Help Prevent Future Chronic Conditions & Support Member Health Goals with **Lark Prevention**

Lark Prevention is a personalized digital health solution that uses A.I coaching and a wireless scale to help your members maximize their current health and prevent future chronic conditions. The smartphone-based platform provides 24/7 coaching that helps members take small steps over time to create lasting behavior change and improved health.



Cost-Efficient, Scalable Care

- Low operational costs coupled with seamless partner integrations drive program costs 50-80% lower than competitors
- Instant and infinite scalability to serve your entire member population
- Positive ROI within one year



Increased Engagement and Accessibility

- Multimodal campaigns to generate program awareness and enroll across a spectrum of health goals
- 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 compound, rather than degrade, at scale

THE PROGRAM INCLUDES

Educational curriculum focused on member's choice of weight loss, behavioral health, tobacco cessation, or general wellness

Goal-specific coaching facilitated by connected devices*

*Members who select Weight Loss as a primary goal are eligible for a wireless scale

Digital Nutrition Therapy

Personalized guidance on sleep & physical activity

Lark's Stress-less curriculum builds skills and resilience, providing coaching on mindfulness, breathing and more

Clinical screeners and escalations to direct at-risk members to appropriate care resources

Learn more at www.lark.com or email enterprise@lark.com