



# Close gaps in care for those at risk for and living with cardiovascular disease

Cardiovascular disease (CVD) is the leading cause of death globally, accounting for approximately 18.6M<sup>1</sup> in 2019. In the U.S. alone, nearly half of all adults have some type of CVD. Heart disease and stroke are also the most expensive chronic diseases in the country, costing the health care system \$214B per year<sup>2</sup>, in addition to \$138B in lost productivity<sup>3</sup>.

Lark's NEW Artificial Intelligence-powered Heart Health program provides health plans a clinically-proven, cost-effective, scalable solution to support the prevention and management of cardiovascular disease; delivering unlimited, real-time care coaching, anytime, anywhere.



## Comprehensive Care Coaching

- ✓ 24/7 access to immediate, effective and personalized clinical coaching
- ✓ Includes weight loss coaching, ASCVD risk assessments, medication adherence reminders, tobacco cessation counseling, and more
- ✓ Designed in accordance with guidelines from the American Heart Association (AHA), American College of Cardiology (ACC), and the National Heart, Lung, and Blood Institute (NHLBI)



## Improved Insights

- ✓ Acquire immediate feedback and recommendations based on member inputs
- ✓ Receive validated screeners such as the medication adherence questionnaire and PHQ-2 to better close gaps in care, triage and escalate more emergent cases

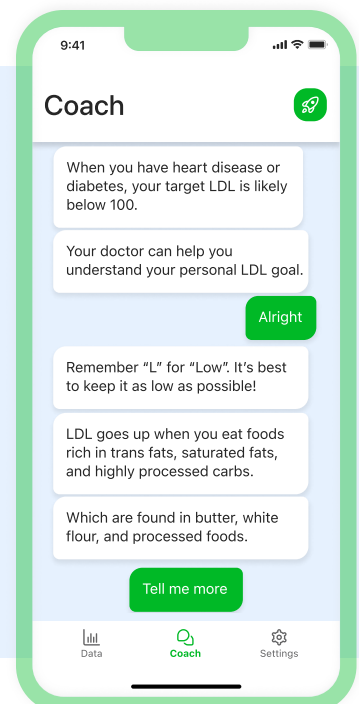


## Increased Engagement

- ✓ Multi-modal campaigns to identify, enroll, and treat your at-risk and diagnosed members
- ✓ Meet members where they are and engage typically hard-to-reach populations
- ✓ Aggregated, member-level data with actionable insights

## Features include:

- Healthy heart specific educational curriculum
- Medication adherence counseling and reminders
- Weight loss coaching facilitated by connected scale
- ASCVD risk estimator survey, recommendations, and escalation
- Heart health-specific Digital Nutrition Therapy
- Behavioral health screening, coaching, and escalation
- Personalized guidance on sleep and physical activity
- Tobacco cessation counseling



1. Virani, Salim S et al. "Heart Disease and Stroke Statistics-2021 Update: A Report From the American Heart Association." Circulation vol. 143,8 (2021): e254-e743.

2. "Health and Economic Costs of Chronic Diseases | CDC." Health and Economic Costs of Chronic Diseases | CDC, www.cdc.gov, 6 June 2022, https://www.cdc.gov/chronicdisease/about/costs/index.htm.

3. Waddill, Kelsey. "Top Chronic Diseases Behind Payer Spending And How to Prevent Them." HealthPayerIntelligence, 26 June 2020, https://healthpayerintelligence.com/news/top-chronic-diseases-behind-payer-spending-and-how-to-prevent-them.