

# Preventing diabetes just got easier



## Introducing Lark Digital Health Coaching

People with prediabetes have higher than normal blood sugar which can substantially increase the risk of developing type 2 diabetes. People often don't even know they have prediabetes, because it can occur with no symptoms. The good news is that there are steps you can take now to decrease your risk.

Your employee benefits has teamed up with Lark to bring you access to the tools you need to take those steps and prevent type 2 diabetes. Available 24/7 on your smartphone, the Lark Diabetes Prevention Program is included at no cost to you as a MaineHealth employee. If you qualify, you'll also get a digital scale.

## Together we can help you:



Create healthy eating habits



Make time for physical activity



Improve sleep quality



Reach or maintain a healthy weight



Manage stress levels

## Get started with a quick eligibility survey

Scan this QR code with your cellphone to begin



*"Cheerful encouragement and suggestions. I've recommended it to several friends."*



*"It puts you on the exact path you need to go and educates you on that path along the way. I'm down 10 pounds already just from applying the tips to my everyday life."*

Lark's Diabetes Prevention Program is available to MaineHealth employees who have been identified as being at risk for diabetes according to a survey designed by the Centers for Disease Control. You may be eligible to earn wellness support tools such as a scale at no cost to you by completing program engagement requirements, such as weighing in, completing missions with your digital coach, or logging activity and meals. Eligibility determinations are made by Lark at its sole discretion.