

Managing your physical and mental health is easier with digital coaching from Lark

Enroll today to get a smart scale at no additional cost to you.

It's time to take control of your health, and at no additional cost to you. We understand that managing stress, anxiety, and weight can be challenging. That's why Medical Mutual teamed up with Lark to bring you help, tips, guidance and motivation 24/7. Lark's digital coaching is available on your smartphone to show you how simple changes can help improve your overall health. Lark is included in your Medical Mutual benefits, so there is no additional cost to begin your journey. As an added bonus, if you enroll today, you will receive a smart scale that connects directly to the app and even reminds you when it is time to log your weight or check in with your coach.



Make time for self-care



Lower stress with exercise



Eat healthier with custom recipes and grocery lists



Learn the effects of stress



Improve sleep quality



Maintain a healthy weight

Choose how you'd like to enroll!

Get started today and claim your device at no additional cost to you

1. Scan this QR code with your smartphone camera
2. OR Text **START** to **45595** and use code **MedMutual** when prompted
3. OR Go online and visit enroll.lark.com/MedMutual



Lark is an independent company that offers health and wellness programs utilizing A.I.-enabled digital coaching to participating health plan members who are suffering from or at risk of chronic health conditions. Lark is not a medical device, nor does it provide or substitute for professional medical advice, diagnosis or treatment. Anyone experiencing medical issues or needing medical advice should consult their doctor. Lark does not endorse any specific product service or treatment. Health care plans and the benefits there under are subject to the terms of the applicable benefit agreement.

Lark and the Lark logo are trademarks of Lark Technologies, Inc. All other trademarks are the property of their respective owners.

Eligibility requirements for Lark's programs include membership in a participating health plan and may include meeting applicable health-related criteria. You may be eligible to receive health-related devices at no cost to you through enrollment.

Questions? If you have questions about Lark Health's digital health coaching program, please call Medical Mutual at 1-800-590-2583 (TTY: 711 for hearing impaired) Monday through Friday from 8 a.m. to 4 p.m. (confidential voicemail available 24/7).

Managing your health is easier with digital coaching from Lark!

Enroll today and get a smart scale at no additional cost to you.



It's time to take control of your health, and at no additional cost to you. We understand that managing your health can be challenging. That's why Medical Mutual and Lark have teamed up to bring you help, tips, and motivation 24/7. Lark's personal coaching is available on your smart phone to show you how simple changes can help improve your overall health and prevent Type 2 diabetes. Lark is included in your Medical Mutual benefits, so there is no additional cost to begin your journey. As an added bonus, if you enroll today, you will receive a wireless scale that connects directly to the app and even reminds you when it is time to log your weight.



Eat healthier with custom recipes and grocery lists



Make time for physical activity



Improve sleep quality



Maintain a healthy weight



Manage stress levels

Choose how you'd like to enroll!

Take the quick eligibility survey and if you qualify, order your devices at no additional cost to you—it's that simple!

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Managing your health just got easier with diabetes coaching from Lark!

Enroll today and get a glucometer and smart scale at no additional cost to you.



It's time to take control of your health, and at no additional cost to you. We understand that managing your health and diabetes can be challenging. That's why Lark and Medical Mutual have teamed up to bring you the Lark Diabetes Care Program. This program brings you help, tips, and motivation 24/7. Lark's digital diabetes coaching is available on your smartphone, and will help you make simple changes to better manage your health and diabetes. Lark is included in your Medical Mutual benefits, so there is no additional cost to begin your journey. As an added bonus, if you enroll today, you will receive a glucometer and a smart scale that integrates directly with the app.



Eat healthier with custom recipes and grocery lists



Make time for physical activity



Blood sugar tracking and coaching



Maintain a healthy weight



Manage stress levels



Track important appointments

Choose how you'd like to enroll!

Get started today and claim your device at no additional cost to you

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Managing your health just got easier with blood pressure coaching from Lark!

Enroll today and get a blood pressure cuff and smart scale at no additional cost to you.

It's time to take control of your health, and at no additional cost to you. We understand that managing your health and blood pressure levels can be challenging. That's why Medical Mutual and Lark have teamed up to bring you help, tips, and motivation 24/7. Your Lark digital health coach is available on your smartphone to show you how simple changes can help improve your health and control your blood pressure. Lark is included in your Medical Mutual benefits, so there is no additional cost to begin your journey. As an added bonus, if you enroll today, you will receive a blood pressure cuff and smart scale that connects directly to the app.



Eat healthier with custom recipes and grocery lists



Make time for physical activity



Blood pressure tracking and coaching



Maintain a healthy weight



Manage stress levels

Choose how you'd like to enroll!

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