MEDICAL MUTUAL® | lark



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**

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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.

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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).

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