MEDICAL MUTUAL | lark



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

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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