



Provide infinitely scalable, personal, compassionate healthcare for your members suffering from or at risk of chronic disease with **Lark**

Lark is a personalized digital health solution that uses A.I coaching and connected devices to help deliver impactful care at scale. The smartphone-based platform provides 24/7 coaching that helps your members take small steps that over time to create lasting behavior change and improved health. Lark provides care across a continuum of member needs through our four programs:



Prevention



Diabetes Prevention



Diabetes Care



Hypertension Care



Clinically Effective, Cost-Efficient Care

- Similar or better clinical outcomes than competitors at 50% lower cost
- Instant and infinite scalability to treat your entire at-risk population
- Positive ROI within one year



Increased Engagement and Accessibility

- Multimodal campaigns to identify, enroll, and treat your at-risk members
- Demonstrated reach to typically hard-to-engage populations
- Real-time, on-demand feedback that drives successful behavior change



Pioneering Healthcare 3.0

- Lark moves beyond the cost and resource constraints of in-person therapy (Healthcare 1.0) and telephonic coaching (Healthcare 2.0)
- 24 x 7 x 365 A.I-based coaching (Healthcare 3.0) drives benefits that improve, rather than degrade, at scale

Learn more at www.lark.com or email modernizecare@lark.com

KEY OUTCOMES

2.5%

average weight loss over 9 months (Prevention)*

5.0%

average weight loss over 12 months (Diabetes Prevention)**

1.1%

A1c drop at 6 months (Diabetes Care)*

9.5 mm Hg

drop in systolic BP after 6 months (Hypertension Care)***

ALL PROGRAMS INCLUDE

Educational content based on condition and health goals

Goal-specific coaching facilitated by connected devices

Digital Nutrition Therapy

Personalized guidance on sleep and physical activity

Behavioral health screening, stress and resilience coaching, and escalation resources

Tobacco cessation coaching (available in year 2 for Diabetes Prevention)

* Based on Lark program data
** Based on Lark program data for members meeting CDC qualification criteria
*** Based on Lark program data for members with starting SBP ≥ 130