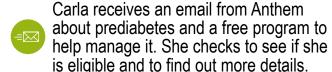
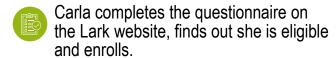


## **Lark DPP Member Experience**

Lark meets members at key points throughout the day. It also includes a wireless scale for ongoing weight measurement.

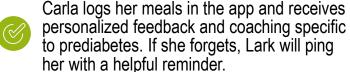




She receives a link to download the Lark app. She enrolls and orders her free wireless smart scale to help track her weight.

Carla takes the PHQ-2 depression screening survey. If her score indicates she is at risk. she will be directed to additional resources.

Throughout the program, Carla is educated daily on prediabetes and how to avoid progression to diabetes via the CDC Prevent T2 curriculum.



Carla can sync phone data for personalized coaching on her physical activity, sleep, and weight loss. She also receives a free fitness tracker.

> After six months, if Carla is identified by Lark's algorithms as someone at risk of not achieving 5% weight loss and who would benefit

from live coaching, she will receive an email urging her to set up a call with a live Lark coach for additional help.

Carla reaches her target 5% weight loss. She continues to interact with the app to stay on track.







