

Diabetes Prevention Program

The 12-month weight loss program can help you lose weight and reduce your risk for diabetes.

Anthem and Lark have come together to offer this program at no extra cost. It is part of your health plan.

It's customized to your lifestyle, so you receive 24/7 coaching to:

- Lose weight
- Manage stress
- Eat healthier
- Sleep better
- Increase activity



Use the **Sydney Health mobile app** to complete the Lark prediabetes survey by going to **My Health Dashboard** and searching for **Lark Diabetes Prevention Program** under *Programs*.