

Diabetes Prevention Programs

Provided **FREE** as part of your State of Indiana benefits



More than 1 in 3 adults have prediabetes.



9 of 10 people with prediabetes don't know they have it.

Prediabetes often doesn't cause symptoms, but it does increase the risk of developing type 2 diabetes, heart disease and stroke.

Take care of yourself by taking advantage of Anthem's **FREE** diabetes prevention programs.

Lark Digital Diabetes Prevention Coaching

Determine if you're at risk for prediabetes and, if needed, what steps you need to address it and lower your risk. Track your progress, check in with a coach and learn more—all from Lark's free mobile app!



- **Just for you:** Personalized digital health coaching that leverages artificial intelligence, cognitive behavioral therapy and smart devices to lower your risk of developing type 2 diabetes
- **Immediate:** Instantaneous, unlimited individualized coaching
- **Whenever you need:** 24/7 text-based access to coaches

Go to lark.com/anthem and take a quick one-minute survey to see if you could benefit from Lark's diabetes prevention program.

LiveHealth Online Virtual Diabetes Prevention Program

Get healthy, lose weight and prevent diabetes virtually from the comfort and privacy of home. You, your spouse and dependents 18+ can get started today by taking the health risk assessment.



- **Individualized:** Personalized coaching that combines technology, behavior science and smart devices to help you achieve milestones, lose weight and reduce risk of getting diabetes
- **Long-term impact:** Plan follows CDC Diabetes Prevention Program Guidelines for lasting changes
- **Tools:** Smart scale for daily weight checks and personalized text messages and emails to keep you on track

Go to livehealthonline.com/stateofindiana to create an account or login or call **888-LIVEHEALTH**.

Community Diabetes Prevention Programs



Certified Diabetes Prevention Programs (DPP) are designed to help prevent or delay type 2 diabetes. These lifestyle change programs are offered face-to-face or virtually.

Some Community DPPs are self-pay only and do not submit claims to insurance. If that applies to the Community DPP you're participating in, you will need to upload a Community Based DPP Reward Form (found on investinyourhealthindiana.com/wellnessrewards/faq).

Visit the CDC's list of national online program providers at in.gov/health/cdpc/diabetes/prevention/#Map



EARN UP TO \$100

We'll reward you for participating in any of these programs. Through the state's Wellness Reward Program, you'll earn \$25 per milestone, up to a \$100 maximum.

Start reaping the rewards of your healthy efforts by visiting investinyourhealthindiana.com/wellnessrewards/faq

