

Lark

YOUR DIGITAL HEALTH COACH IS WAITING.



Lark is a 24/7 texting-based app that puts you in touch with a digital coach.

Lark™ can help with everything from tracking your diet and medications to addressing stress and sleep. It can even help you stop smoking.

Through Lark, you can get:

- Personal wellness plans that focus on your specific goals
- Diabetes and high blood pressure management tools
- Nutrition, sleep, and fitness tracking synced from your smart devices
- Free wireless scale for eligible members

And best of all, it's all included in your health care plan.

To get started, text **"LARKCOACH"** to **484848** and tap the link to download the app.

Health benefits or health benefit administration may be provided by or through Highmark Blue Cross Blue Shield, Highmark Choice Company, First Priority Health or First Priority Life, all of which are independent licensees of the Blue Cross Blue Shield Association.

Lark is an independent company that manages digital health and wellness coaching programs on behalf of Highmark.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。