



Reduce the Risks, Complications, & Expenses of High Blood Pressure with Lark's Hypertension Care Program

Lark's Hypertension Care Program is a personalized digital health solution that uses A.I. coaching and smart connected devices to help your members with hypertension manage their blood pressure. The smartphone-based platform provides 24/7 coaching that helps members take small steps over time to create lasting behavior change and improve health.



Clinically & Cost-Effective Care

- ✔ Similar or better clinical outcomes than competitors at 50-80% lower cost
- ✔ Instant and scalable to improve quality measures of your entire at-risk population
- ✔ Positive ROI within one year

Pioneering Healthcare 3.0

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

Increase Engagement

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

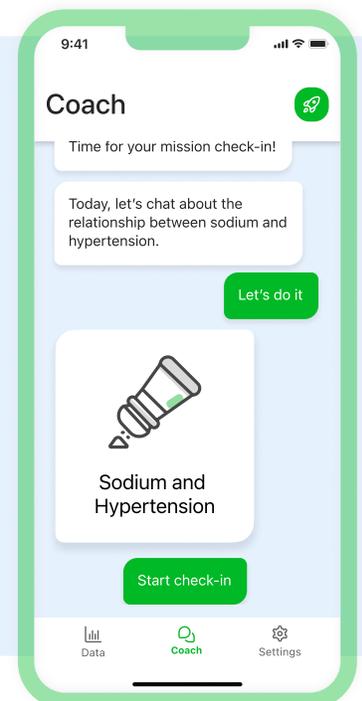
Key Outcomes:

13 mmHg
drop in average systolic BP by 6 months*

*for members classified as hypertension stage 2

Features include:

- Hypertension specific educational curriculum
- Personalized guidance on sleep & physical activity
- Blood pressure & weight coaching facilitated by connected cuff & scale
- Escalation to live clinical resources for out-of-range readings
- Medication adherence counseling & reminders
- Behavioral health screening, stress and resilience coaching, & escalation resources
- Meal Logging and Digital Nutrition Therapy
- Tobacco cessation coaching (available year two)



1. Branch OH, Rikhy M, Auster-Gussman LA, Lockwood KG, Graham SA. Relationships Between Blood Pressure Reduction, Weight Loss, and Engagement in a Digital App-Based Hypertension Care Program: Observational Study. JMIR Form Res 2022;6(10):e38215 doi:10.2196/38215

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