

Meet your new 24/7 Health Coach.

Lark is your personal text-based health coach, included with your Highmark BCBS membership. Here's what Lark can do for you:

TRACK YOUR PROGRESS AND CONNECT WITH YOUR COACH ON:

- Nutrition
- Weight loss
- Diabetes management
- Lowering blood pressure
- Physical activity



The more you use Lark, the better it gets at giving you specific, useful advice. It's like having an expert who really gets to know you and cheers you on toward your health goals.

TO GET STARTED:

- 1) Text "LARKCOACH" to 484848.
- 2) Tap the link.
- 3) Download the app.

APP QUESTIONS?

Contact support@lark.com.

HEALTH QUESTIONS?

Call 1-866-472-0924.



SYNC LARK WITH YOUR SMART DEVICE

Lark connects with over 120 devices. Pair yours with Lark for easier tracking and personalized feedback.

Enroll now!

Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross and 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）。