

Diabetes Benefits

Lark

The Kentucky Employees' Health Plan, through its medical vendor, Anthem, has partnered with Lark to offer a diabetes prevention program at no extra cost to you. After a brief survey, if you are determined to be at risk for type 2 diabetes and enroll in the Lark program, you will receive:

- Access to a customized program through a convenient mobile app.
- 24/7 coaching to help develop habits to lose weight, manage stress, eat healthier, sleep better, and increase activity.
- Personalized feedback and daily check-ins.
- Educational information about prediabetes and preventing type 2 diabetes.
- Tips for managing everyday stress.

Receive a free smart scale upon enrollment and a free Fitbit after reaching certain milestones. See if you qualify at lark.com/anthem.

DSMES

Diabetes Self-Management Education and Support (DSMES) is available to you if you have already been diagnosed with type 1 or type 2 diabetes by your health care provider. No deductible, no co-insurance, and no additional cost to you! DSMES is an educational program for diabetes self-care, as developed through evidence-based practices. DSMES can be taught in a group or an individual setting and can be offered in person or online. Services are typically provided by a registered dietitian or a certified diabetes educator.

The DSMES program format includes weekly classes that focus on learning to eat healthier, being physically active, monitoring blood sugar levels, coping with the emotional side of diabetes, problem solving, reducing the risk for other health problems, and many other related topics.

Ask your physician about how to find a DSMES provider near you or search the **Diabetes Prevention and Control Program at the Cabinet for Health and Family Services website** (chfs.ky.gov).

Maternity Care

Building Healthy Families

Your maternity program Building Healthy Families provides assistance beyond pregnancy and postpartum.

Building Healthy Families makes it easier to find personalized, on-demand health support for your growing family. As you prepare for a new baby, navigate postpartum, and raise your family, you'll have the resources you need to help you thrive.

With 24/7 access through the SydneySM Health mobile app and **anthem.com**, you can take advantage of program resources anytime, at no extra cost to you. Benefits include:

- A digital library to explore thousands of educational articles and videos on everything from family planning to early parenthood.
- Tracking tools to monitor your prenatal health, as well as diaper changes, growth, and milestones once baby arrives.
- Health support to chat with Care Coaches during pregnancy and connect with virtual lactation support, as needed.

A nurse will be available by phone throughout your pregnancy and postpartum.

Enroll today:

1. Log in to Sydney Health.
2. Find *Featured Programs* at the bottom of the homepage.
3. Select **View All**, then choose the **Building Healthy Families** tile.

Lactation Support through LiveHealth Online

Receive lactation support through LiveHealth Online. You'll have a live health visit with a lactation consultant or registered dietitian for personalized postpartum nutrition and lactation support. Contact LiveHealth Online for lactation and nutrition support at **888-548-3432**.