



Department of
Employee Insurance

501 HIGH STREET, 2ND FLOOR
FRANKFORT, KENTUCKY 40601

DEI MEMO 21-01

TO: ICs and HRGs
FROM: Department of Employee Insurance
RE: New Diabetes Prevention Program Provider - Lark
DATE: March 4, 2021

The below message is being sent to all members with an email on file in KHRIS:

Effective April 1, 2021, the Kentucky Employees' Health Plan (KEHP) will no longer use Solera to provide services for the Diabetes Prevention Program (DPP). If you are currently enrolled through Solera, you will continue to be able to participate for the full 12 months, free of charge, from when you started. Effective April 1, 2021, Lark will provide the DPP to our members with pre-diabetes who qualify for the program. Lark is a digital DPP that offers virtual coaching through your smartphone. There is no cost to you and your covered dependents 18 and over. Participants will receive a free digital scale upon enrollment and may even earn a Fitbit with ongoing participation.

Lark includes:

- A customized program based on your lifestyle.
- 24/7 coaching to lose weight, manage stress, eat healthier, sleep better, and increase activity.
- Personalized feedback on your progress and daily check-ins.
- Educational information about prediabetes and preventing type 2 diabetes.
- Tips for managing every day stress.

If you are NOT currently enrolled through Solera:

- Take this one-minute [survey](#) to see if you could benefit from Lark's diabetes prevention program. If you have questions, please call KEHP at 844-402-5347, M-F 8 a.m. to 8 p.m. ET.