

Benefit Programs

Additional benefits at no extra cost to you!

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.

TELEHEALTH AND PHONE SUPPORT

Telehealth through LiveHealth Online

Healthcare at home or on the go. Get fast, easy, virtual doctor visits whenever you need them. There is no additional cost to you through LiveHealth Online.

LiveHealth Online lets you have a video visit with a board-certified medical doctor, psychiatrist, or therapist from your computer with a camera, tablet, or smartphone.

Feeling under the weather? Have a health question? With LiveHealth Online, the doctor comes to you. In some cases, no appointments are needed. No traveling to a doctor's office and no sitting in the waiting room.

See some common conditions that can be treated using LiveHealth Online:

- Cold and flu symptoms
- Allergies
- Sinus infections
- Migraines
- Upper respiratory infections
- Bronchitis

Go to livehealthonline.com and log in or download the free app to register. Select LiveHealth Online Medical and choose the doctor you'd like to see.

Call **888-548-3432** or **844-784-8409**.