



IT PAYS TO

BE WELL

MONTHLY WELLNESS NEWSLETTER



Digital diabetes prevention coaching can help improve your health

One in three Americans has prediabetes — and most don't know it. To help you address prediabetes and prevent type 2 diabetes, we have teamed up with Lark to offer digital personalized support at no extra cost to you.¹



Lose weight



Increase activity



Eat healthier



Sleep better

The program also offers 24/7 coaching support:



A customized program based on your lifestyle.



Convenient access to a coach through the Lark mobile app.



Personalized feedback through daily check-ins.



Educational information on prediabetes and preventing type 2 diabetes.



A free, wireless smart scale when you enroll.

Take control of your health. Lark members lose an average of 4% of their weight, lowering their risk for type 2 diabetes.² Find out if you qualify for the program by taking a one-minute quiz at lark.com/anthem.

¹ Centers for Disease Control and Prevention website: Your Chance to Prevent Type 2 Diabetes (accessed October 2020). cdc.gov.

² Lark internal data



Achieve your goals with Healthy Bytes' team of Registered Dietitians

Receive medical nutritional counseling, the "gold-standard" of diet and nutrition advice from a team of Registered Dietitians. Their expertise is offered 100% virtually and can help define and achieve your personal goals, including:

- Slimming down
- Managing chronic conditions
- Lowering cholesterol
- Increasing energy levels

Book your private consultation online at www.healthybytesinc.com and begin your journey to better health.



Substance Misuse Truths

Addiction is about more than drugs



People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences.¹

Addiction changes how your brain works. These brain changes can lead to harmful and self-destructive behaviors. And just like diabetes, heart disease or other chronic conditions, it needs continuing long-term care.²

¹ American Society of Addiction Medicine: Definition of Addiction (accessed January 2021): <https://www.asam.org>.

² National Institute on Drug Abuse: The Science of Drug Abuse and Addiction: The Basics (accessed January 2021): <https://www.drugabuse.gov/>



Everyone needs a little extra support

The truth is that getting support:

Makes you stronger.

Helps surround you with the right people to get you care.

Motivates and inspires everyone.

Reinforces the message that it's not your fault, but you do have the ability to change things.

Helps you parent to prevent or address substance misuse.

Means taking advantage of resources for the whole family.

Why it matters:

Sharing your struggles isn't a weakness; it's a strength. To talk about it helps you cope and heal.

Support groups, health professionals, behavioral health facilities and doctors are there to help you get through it. Lean on others when you need specific help.

It's easier to keep going when you're surrounded by acceptance and encouragement for each other's struggles, from peers who are also substance-free.

It can happen to anyone. Blame and shame don't help your self-worth or help you or your loved one recover. Empower yourself to keep going.

It's a great way to talk with other parents about everything kids misuse – from alcohol to pain medicine to household items – and what to do about it.

It affects the whole family so get help for everyone. Find out if you have programs or counseling services through work, like an employee assistance program.

So you're ready to address substance misuse and addiction for yourself or a loved one, but not sure where to go? Trying to keep it private? Embarrassed? Yes, it's hard to reach out for support. To admit you need it takes guts, but it's those little extra steps, along with treatment, that can keep you or a loved one moving forward toward recovery.

Speak to your doctor or other health professional right away if you're concerned you, or someone you know could be misusing substance.

