



Lark Health

AI-driven chronic disease prevention and management platform providing 24/7 personalized health coaching via a smartphone app and connected devices.

<https://www.lark.com/>

Overview

Lark Health is a digital health platform that provides a 24/7 personalized virtual care coach powered by conversational Artificial Intelligence (AI) to prevent and manage chronic conditions such as prediabetes, type 2 diabetes, hypertension, and heart health. The platform leverages principles of cognitive behavioral therapy (CBT) to drive behavior change and achieve clinically validated outcomes, serving over two million members. Its programs, including the CDC-recognized Diabetes Prevention Program (DPP), are typically offered at no cost to members through partnerships with major health plans, Pharmacy Benefit Managers (PBMs), and self-insured employers.

The service is delivered via a user-friendly smartphone app and includes program-specific connected devices like smart scales, blood pressure monitors, and glucometers. The AI coach communicates via text-message-like interactions, providing real-time feedback on food choices, activity, sleep, and stress. Live nurses and health coaches are available for escalation and one-on-one sessions, offering a hybrid approach to care. Lark is designed to be a smart data aggregation partner, seamlessly merging health data from 95% of all smartphones and 70+ health monitors and apps.

Lark maintains high security and privacy standards to protect patient data, holding SOC 2 Type II and HITRUST certifications and operating as a HIPAA Business Associate.

Key Features

- 24/7 Conversational AI Coaching
- Chronic Disease Management Programs (DPP, Diabetes, Hypertension)
- Connected Device Integration (Smart Scale, Glucometer, etc.)
- Personalized Nutrition Coaching (Coach+)

- Activity, Sleep, and Stress Tracking
- Live Health Coach/Nurse Escalation
- Behavior Change Coaching (CBT framework)

Pricing

Model: enterprise

Programs are typically covered by major health plans, PBMs, and self-insured employers, resulting in \$0 cost for eligible members.

Target Company Size: medium, enterprise

Integrations

70+ health monitors and apps, Smart Scale, Blood Pressure Monitor, Blood Glucose Monitor, Fitbit

Compliance & Certifications

HIPAA, SOC 2 Type II, HITRUST, CDC Full Recognition (DPP)

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