



Dario and Sentara Health Plans

A Whole New Way to Manage Diabetes



Imagine what you could do if you felt more confident and in control of your health

Dario is a digital, evidence-based diabetes support program that helps you build healthier habits, understand your blood glucose trends, and stay on track with ongoing encouragement and tools that fit your daily life.

The program brings together app-based guidance, connected monitoring, and personalized coaching, so you can make the changes that matter most—whether around eating, activity, stress, or daily routines.

YOU'LL GET YOUR OWN:

- Interactive program that adapts to your goals
- Blood glucose monitor that connects seamlessly to the Dario app
- Professional health coach to guide and motivate you
- Weekly educational content to empower your progress
- Clinical insights and trends to help you understand your numbers
- Tools to share insights with your care team or loved ones
- Supportive digital experience to help you stay engaged

If you are covered by a Sentara Community Plan and meet eligibility criteria for type 2 diabetes support, this program is available to you at no additional cost. Enrollment is based on clinical criteria and is offered on an invite-only, first-come, first-served basis.

All this at no additional cost to you!

Find out if you're eligible:

<https://go.mydario.com/sentara/general>



Frequently Asked Questions

1. Who is eligible for Dario?

Dario is available to eligible Sentara Community Plan members with type 2 diabetes who may benefit from additional digital support. Eligibility is determined using clinical criteria and claims data.

2. How can I join Dario?

Joining is simple:

1. Visit the Dario enrollment page linked above.
2. If eligible, continue registration and create your Dario account.
3. Once enrolled, your Dario blood glucose monitor will be shipped to you, along with instructions to get started.

3. What happens once I join?

Once your device arrives, you can begin using the Dario app right away. You'll unlock your personalized Home page, where you can track blood glucose, log meals, review educational content, and start communicating with your health coach. The app will guide you step-by-step through setup and your first activities.

4. How do I communicate with my health coach?

Your health coach is available directly through the Dario app via secure messaging. Your coach may reach out with personalized guidance, feedback on your tracking patterns, and strategies to help you stay motivated. Coaching frequency and communication style can be customized based on your preferences.

5. What connected tools will I use?

You'll receive a Dario blood glucose monitor that plugs into your smartphone and syncs instantly with the Dario app. Your readings will automatically appear in the app so you can track trends, view insights, and share information with your care team or family members if you choose.

6. What will I learn?

Lessons focused on practical lifestyle changes, such as healthy eating, activity planning, stress management, and how to understand your glucose patterns. You'll also receive tips tailored to your tracking habits and goals.

7. Can I share my progress with others?

Yes. The Dario app includes features that allow you to share progress reports or glucose logs with your primary care provider, specialists, or supportive family and friends. This can help you coordinate care and stay motivated.

8. How long is the program?

Your Dario program access lasts for a full year at no cost to you. Before your year ends, you'll receive communication about continuing your journey with Dario tools and educational content. You may choose to opt out of the program at any time by contacting Dario Support.