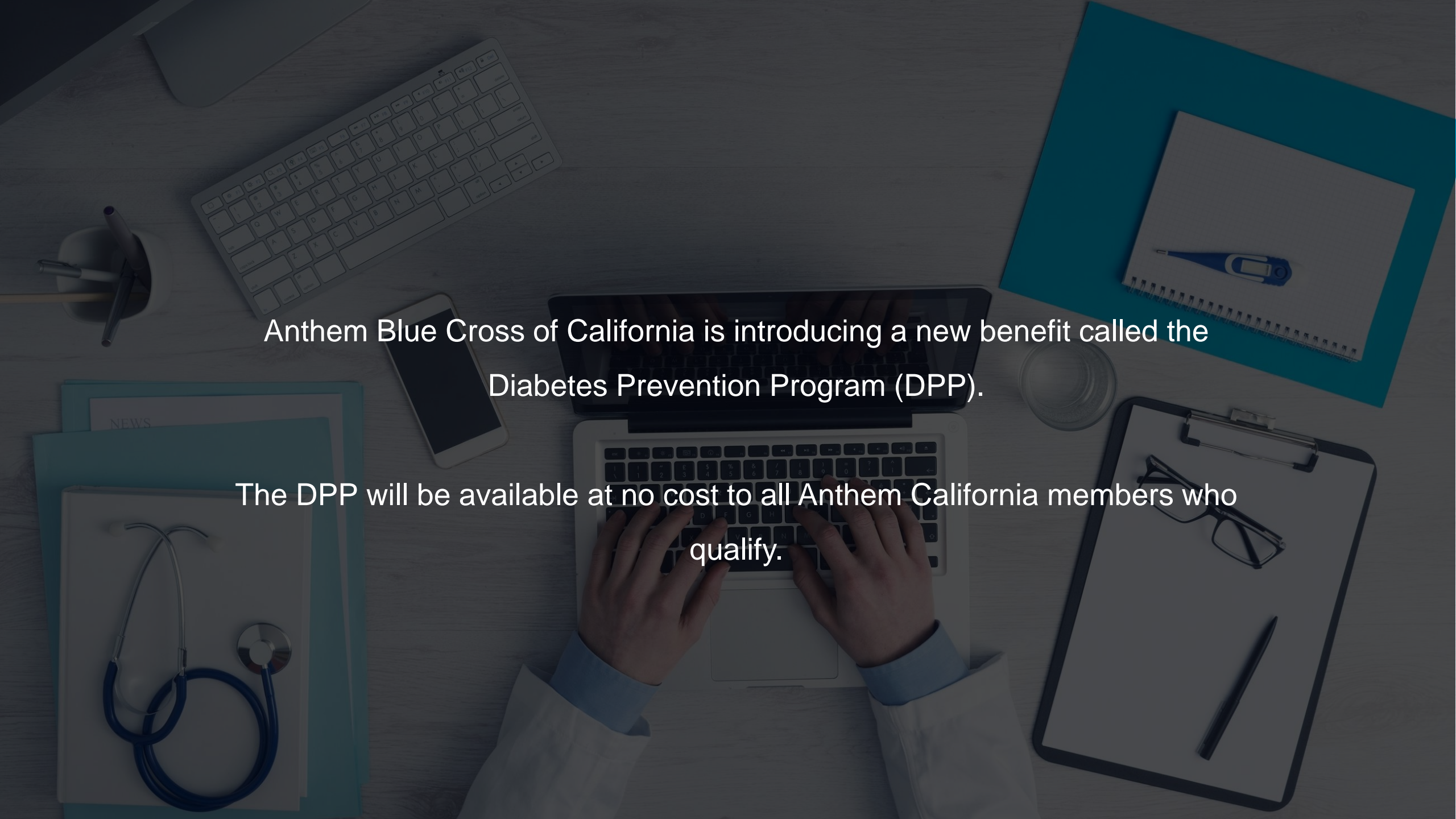


16 WEEKS TO A HEALTHIER YOU

Introducing the Diabetes Prevention Program



A top-down view of a desk with a laptop, keyboard, mouse, stethoscope, clipboard, and notebook. The scene is dimly lit, with a teal folder and a blue stethoscope on the left, a white keyboard and mouse at the top, and a teal folder with a notebook and a blue pen on the right. A person's hands are visible typing on the laptop keyboard.

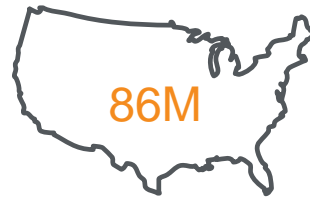
Anthem Blue Cross of California is introducing a new benefit called the
Diabetes Prevention Program (DPP).

The DPP will be available at no cost to all Anthem California members who
qualify.

WHY FOCUS ON DIABETES PREVENTION?



1 in 3 of us is at risk
for diabetes.



More than 86 million
Americans today have
prediabetes, and most
of us don't know it.



Prediabetes means that
blood sugar levels are
higher than normal, but not
high enough yet to
be classified as type
2 diabetes.

WHO IS AT RISK?

People with the following factors are at higher risk for prediabetes:



Weight:
body mass index
(BMI) over 25



Age:
over 40
years old



Family history:
parent or sibling
with diabetes



Ethnicity:
Hispanic or
African American



Activity level:
More sedentary
lifestyle

THERE'S GOOD NEWS FOR THOSE AT RISK.

In 2001, the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) proved that losing a modest amount of weight significantly reduced a person's risk of developing diabetes.

Losing just 5 to 7% of body weight via a healthier diet and increased physical activity resulted in a 58% risk reduction.

INTRODUCING THE DIABETES PREVENTION PROGRAM (DPP)



The DPP is a 16-week program designed to help participants adopt healthier lifestyle habits and lose a modest amount of weight.



The program focuses on healthier eating, increased physical activity, and managing the challenges that are associated with lifestyle change.



After the initial 16 weeks, participants attend monthly sessions to reinforce the new lifestyle habits they've adopted.

THERE ARE MANY DPP FORMATS

Participants have a variety of options to choose from for their Diabetes Prevention Program. Some meet in person, others are conducted online, and still others are done entirely via smartphone.



Smartphone



Computer



In-person

WHAT'S INCLUDED IN THE DPP?

While Diabetes Prevention Programs vary, most share these elements.



Personal health coach



Weekly lessons



Small group for support



Tools like wireless scales
and/or activity trackers

WHO IS ELIGIBLE?

All Anthem Blue Cross California members who are at-risk for diabetes are covered. The program is available to them as a free, covered benefit.




MEET SOLERA



Anthem is partnering with Solera Health to bring the DPP to its members.

Solera helps to identify members who are at risk and matches them with a program based on their preferences.

SOLERA'S NETWORK

Solera has hundreds of DPP programs to choose from. Some are community based, others are digital, and some are national like Weight Watchers and Jenny Craig.

 Smartphone


 Online




 Smartphone &/or Online





 Text Message



 Phone



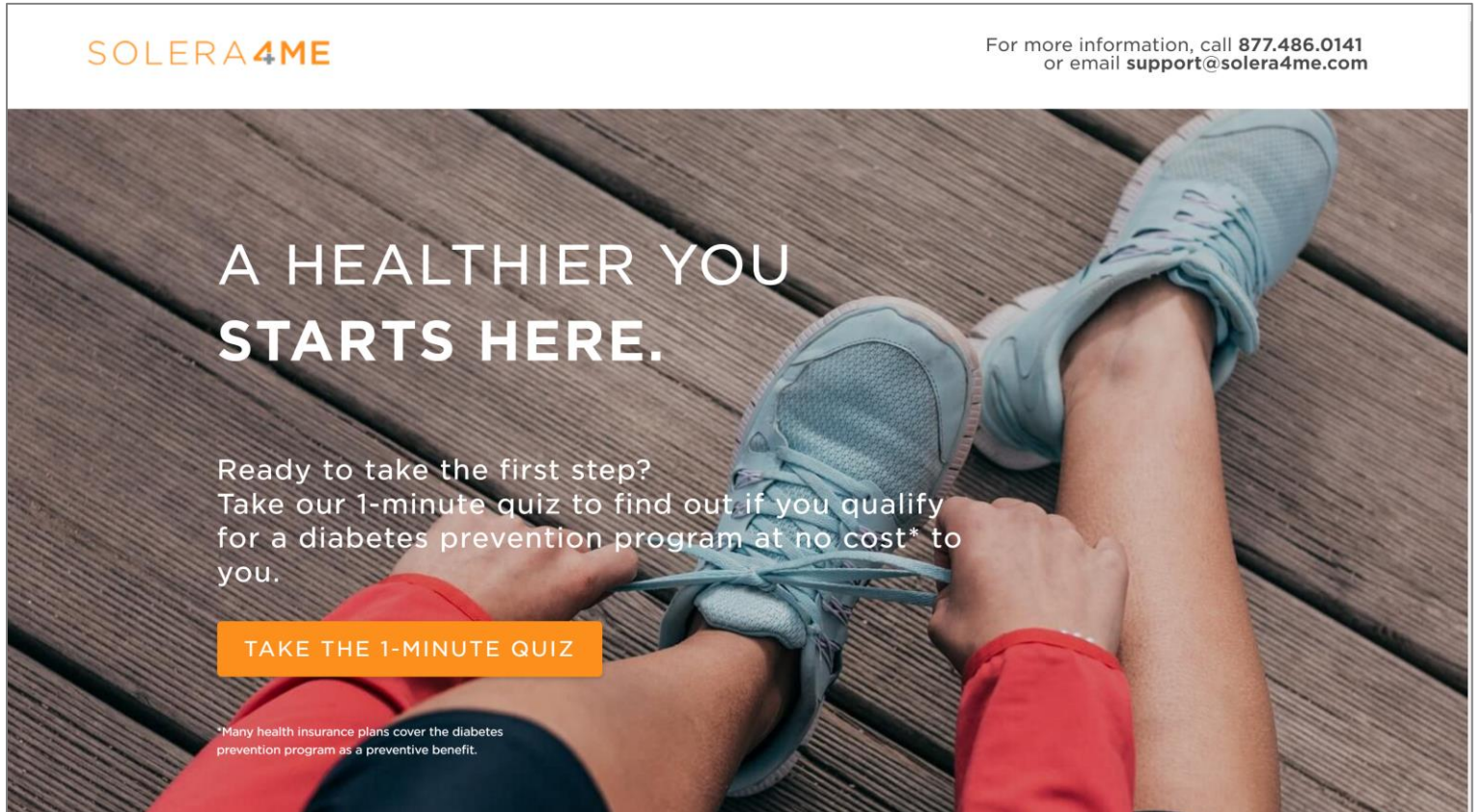
 Face to face





HOW DO EMPLOYEES SIGN UP?

Employees can find out if they qualify for the Diabetes Prevention Program (DPP) by taking a 1-minute quiz at solera4me.com/fresno.



SOLERA4ME

For more information, call 877.486.0141 or email support@solera4me.com

A HEALTHIER YOU STARTS HERE.

Ready to take the first step? Take our 1-minute quiz to find out if you qualify for a diabetes prevention program at no cost* to you.


TAKE THE 1-MINUTE QUIZ

*Many health insurance plans cover the diabetes prevention program as a preventive benefit.


QUALIFYING FOR THE DPP

Employees answer a series of simple questions to determine if they qualify for the program.

What is your gender?



Male



Female

NEXT

1/8

How old are you?

I am years young


NEXT


3/8

FINDING THE BEST MATCH

We think that when employees select the program of their choice they'll be more successful. If you qualify, we'll help you find the best match for you based on your preferences.

Which is your primary goal?



Weight loss

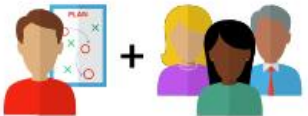

Preventing Diabetes

NEXT

2/5

When adopting new habits, I'm most successful:


With one-on-one support


With one-on-one and group support


NEXT


4/5


CONFIRMING ELIGIBILITY

Once an employee selects the program of their choice, we ask for a few pieces of information so that we can confirm that the employee is eligible. Upon completion, the employee is enrolled in the program.


Please enter your health plan information:


First Name 

Last Name 

Date of Birth (MM/DD/YYYY) 

Health Plan Member ID #

Phone Number 

E-mail 

CHECK

EARN A REWARD:

OCTOBER 10 – DECEMBER 1

All Anthem employees and dependents (over 18) who take the 1-minute test between October 1 and December 10 will be eligible for a \$10 gift card (while supplies last).





Visit solera4me.com/fresno
to get started.

QUESTIONS? CALL 877-486-0141.