

A NEW COVERED BENEFIT

CVT PPO and HMO members now have access to the Diabetes Prevention Program (DPP) at no cost if they qualify.



Visit
solera4me.com/cvt
and take the
1-minute quiz to
see if you qualify.

SOLERA4ME

877.486.0141
solera4me.com/cvt

©2017 Solera Health Inc. All rights reserved.

Solera4me is provided by Solera Health, an independent company. Anthem Blue Cross is the trade name of Blue Cross of California.

Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross name and symbol are registered marks of the Blue Cross Association.

Fitbit provided at no additional cost to you. For participants starting after January 1, 2017 who complete four weeks of activity meeting DPP guidelines. Applies to only FitBit Zip® or FitBit Flex™. Limited to one per person. While supplies last. Solera Health reserves the right to discontinue at any time.

THE PATH TO A HEALTHIER YOU

Change your life in 16 weeks with the Diabetes Prevention Program



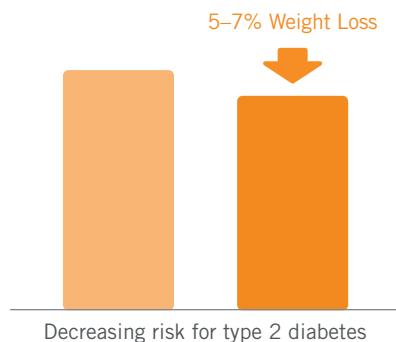
MAKE LASTING LIFESTYLE CHANGES

The Diabetes Prevention Program (DPP) helps participants lose weight, adopt healthy habits, and reduce their risk for type 2 diabetes.

The program meets weekly for 16 weeks, and then monthly for the balance of the year.

Participants learn ways to eat healthier, increase their activity, and manage the challenges that come with lifestyle change.

The goal is for participants to lose 5 to 7% of their weight during the program—which has been proven to dramatically lower their risk of developing type 2 diabetes.



CHOOSE YOUR PROGRAM

There are many options to choose from for the Diabetes Prevention Program (DPP).

Some programs meet weekly in person with a coach and a small group for support. Other programs are done entirely online using your computer or mobile phone.

You'll have the opportunity to choose the program where you think you'll be most successful.

Here are some of the programs currently available.

weightwatchers

HealthSlate

#RETROFIT™

TRANSFORM

VLM
VIRTUAL LIFESTYLE MANAGEMENT

lark

noom coach

SKINNY GENE project

Hundreds of community partners

TOOLS AND SUPPORT

While every Diabetes Prevention Program (DPP) is a little bit different, most programs include the following.



Access to a personal health coach



Weekly lessons



A small group for support



Tools like a wireless scale or an activity tracker



Visit solera4me.com/cvt and take the 1-minute quiz to see if you qualify.