



DIABETES PREVENTION PROGRAM

One in three Americans is at risk for type 2 diabetes. Joining a Diabetes Prevention Program can help reduce that risk by giving you the tools to adopt healthy habits, be more active and lose weight.

If you are at risk, you can sign up for a Diabetes Prevention program at no cost through Anthem Blue Cross. Take a 1-minute quiz to learn your risk and then answer a few questions to get matched with your best fit program.

ARE YOU AT RISK?

Over 86 Million Americans have pre-diabetes and most don't know it. Prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetes. This condition raises your risk of developing type 2 diabetes, stroke and heart disease.

Factors that will affect your risk:

Weight: Having a Body Mass Index (BMI) over 25

Family History: Having a parent, brother, or sister with type 2 diabetes

Age: Being 45 years or older

Activity Levels: Being physically active less than 3 times a week

Ethnicity: African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at higher risk.

GET STARTED TODAY

It's quick, it's easy, it's free, it matches your lifestyle and improves your health. What are you waiting for? Find out if you qualify with the 1-minute quiz. Visit solera4me.com/sisc today.

CHOOSE A PROGRAM THAT FITS

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

lark

HealthSlate™

RETROFIT™



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 sessions



A small group for support



Tools like a wireless scale or an activity tracker

STEPS TO GET STARTED

- 1) Take the 1-minute quiz at solera4me.com/sisc
- 2) Enter your health plan details (have your Health Plan ID card handy).
- 3) Answer a few questions to get matched with a lifestyle change program.
- 4) Smile — You've taken the first step to a healthier you!

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