



DIABETES PREVENTION PROGRAM **CHANGE YOUR LIFE IN 16 WEEKS**

Anthem Blue Cross and Blue Shield is pleased to share a program for qualified members.

It's a 16-week program, followed by monthly sessions, that can help you lose weight, adopt healthy habits and significantly reduce your risk of developing diabetes. And it's available at no cost to members who qualify.

Through this program, you may be able to participate in a national weight loss program such as Weight Watchers, Retrofit or HealthSlate.

While programs differ, most include the following elements:



Access to a personal health coach



Weekly lessons



A small group for support



Tools like a wireless scale or an activity tracker



Find out if you qualify by taking a 1-minute quiz at solera4me.com/stateofnh

ENROLL AND YOU'LL GET A FITBIT ON US*!

* For participants who complete four weeks of activity meeting Diabetes Prevention Program guidelines. Applies to select Fitbit models. Limited to one per person. While supplies last. Solera Health reserves the right to discontinue at any time.

DIABETES PREVENTION PROGRAM

Frequently Asked Questions

What is the Diabetes Prevention Program?

Also known as the DPP, the Diabetes Prevention Program helps participants lose weight, adopt healthy habits and significantly decrease their risk of developing type 2 diabetes. The program meets weekly for 16 weeks and then monthly for the balance of a year. The program teaches participants to make lasting changes by eating healthier, increasing physical activity, and managing the challenges that come with lifestyle change.

How effective is the DPP in reducing the risk of type 2 diabetes?

The Diabetes Prevention Program (DPP) has been proven by the National Institutes of Health (NIH) and the Centers for Disease Control (CDC) to decrease the risk of developing type 2 diabetes by 58% for those who lose 5 – 7% of their body weight via changes in diet and exercise.

What's included in the program?

There are many versions of the lifestyle change program, but most include the following components:

- 16 weekly lessons, followed by monthly sessions for the rest of the year
- Lifestyle health coach to help set goals and keep participants on track
- Small group for support and encouragement
- Helpful tools, like wireless scales and fitness trackers.

Who is eligible for the program?

The Diabetes Prevention Program is a new preventive program for Anthem Blue Cross and Blue Shield members.

How do members find out if they qualify?

Members who are identified as having prediabetes or who score as high risk for developing type 2 diabetes can qualify for the program. Members should visit solera4me.com/stateofnh and take a 1-minute quiz to see if they qualify.

If they're qualified, how do members enroll?

Members should visit solera4me.com/stateofnh to learn more about the program and to enroll; or they can call 844-503-5117 to enroll over the phone. Once enrolled, members will receive a Welcome Email from Solera with instructions on how to complete the registration process with their matched DPP provider. Members must complete the registration process with their DPP provider to begin the program.

Is there a cost to members for participating?

This program is at no cost to members. Once a member enrolls in the program on solera4me.com/stateofnh, Anthem will receive a claim from Solera to cover the processing and program services. Members may receive an Explanation of Benefits (EOB) from Anthem for this program. No action is necessary if a member receives an EOB. DPP is a covered preventive program.

When will I receive my Fitbit®?

After you have been **actively participating** for the first four weeks of the program, you will receive an email from Solera with a unique code to redeem your Fitbit. Please be sure to talk to your coach about what it means to “actively participate.” For technical questions about how to use your Fitbit, contact Fitbit support at help.fitbit.com/cwsupport.

Who should I contact if I have questions about the program?

Call Solera at 844-503-5117 if you have questions.

Solera4me is provided by Solera Health, an independent company.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross and Blue Shield of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Company (WCIC). CompCare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.

*For participants who complete four weeks of activity meeting Diabetes Prevention Program guidelines. Applies to select Fitbit models; limited to one per person. Solera Health reserves the right to substitute an alternate tracker.