

Diabetes Prevention Program

Did you know that one in three people are at risk for developing type 2 diabetes? With the Diabetes Prevention Program, you can learn more about wellness, make changes to start losing weight and reduce your risk of developing type 2 diabetes.

Within just a few weeks, this new Wellvolution® program can help you form healthy habits that last a lifetime.

When you enroll, you get to choose the type of support you prefer, whether it's in-person, online or even through a smartphone app.

Are you at risk for diabetes or prediabetes?

More than 86 million Americans have prediabetes – and most don't even know it. Prediabetes means that blood sugar levels are higher than normal, but not high enough yet to be classified as type 2 diabetes.

There are certain factors that can increase the risk of developing diabetes or prediabetes:

- **Weight:** Having a body mass index (BMI) over 25
- **Age:** Being age 40 or older
- **Family history:** Having a parent or sibling with diabetes
- **Ethnicity:** Being of Hispanic or African American origin
- **Activity level:** Having a more sedentary lifestyle



Start the journey to a healthier you with a one-minute quiz

Make lasting lifestyle changes with the new Diabetes Prevention Program. Simply take a short quiz to find your risk level. If you qualify, you're ready to begin!

Ready to take the first step?

Visit www.solera4me.com/shield.

Helpful tools and features

Most participants lose 5% to 7% of their total body weight during the program through healthier eating and more physical activity.

This type of weight loss results in a 58% risk reduction in developing diabetes, according to the Centers for Disease Control and Prevention.

To help you reach your goal, the Diabetes Prevention Program typically offers:

- Access to a personal health coach
- Easy-to-understand tips
- Tools like wireless scales or activity trackers

Support that's right for you

Blue Shield offers the Diabetes Prevention Program with Solera Health. Solera provides many different program options to choose from.

In-person

Provides support within a small group setting, including in-person access to a health coach.

Online

Provides digital access to a health coach and peer support from other program members.

Smartphone

Offers an all-mobile experience with real-time, in-app support and guidance.

See if you qualify

The Diabetes Prevention Program is available as a year-long covered benefit to eligible Blue Shield members, at no additional cost.

It only takes a minute to see if you're eligible to take part in the program.

1. Visit www.solera4me.com/shield.
2. Answer a handful of questions.
3. Discover your risk for diabetes.
4. Select the program you prefer.
5. Start the path to a healthier you!

Programs you can select may include:

- Weight Watchers
- Healthslate®
- Jenny Craig
- Noom®
- RetrofitSM
- Skinny Gene Project
- And more

More ways to kick-start your health

The Diabetes Prevention Program is part of Wellvolution, the simplest way to work wellness into your day.

With a range of different offerings, Wellvolution can help you learn about your health and help you improve your well-being. Visit mywellvolution.com for more information.

The Diabetes Prevention Program is provided by Solera Health, an independent company.

HealthSlate is a registered trademark of Informational Media Brands LLC.

Wellvolution is a registered trademark of Blue Shield of California. Blue Shield and the Shield symbol are registered trademarks of the BlueCross BlueShield Association, an association of independent Blue Cross and Blue Shield plans.