

DIABETES PREVENTION PROGRAM CHANGE YOUR LIFE IN 16 WEEKS

Visit solera4me.com/bluekc
and take the one-minute
quiz to see if you qualify for
this covered benefit!



Blue KC is pleased to share a new covered benefit 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 benefit, 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/bluekc
ENROLL AND YOU'LL GET AN ACTIVITY TRACKER ON US*!**

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

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