

# 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](http://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](http://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®
- Retrofit<sup>SM</sup>
- 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](http://mywellvolution.com) for more information.

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