

## Healthy starts here

Make healthy living your reality with a Diabetes Prevention Program – in-person, digital, and on-the-go support to help you lose weight and reduce your risk of developing type 2 diabetes. See if you qualify for a program through your health plan – at no additional cost if you qualify.

- ✓ Stay motivated with a **FREE** Fitbit activity tracker.\*
- ✓ Get expert advice and personalized support from a health coach.
- ✓ Follow step-by-step guides and customized action plans.

Get started



Google Fitbit

## Here's how it works

1

### Take our 1-minute quiz

Check if you qualify and get matched with a no-cost program that's tailored to your lifestyle.

2

### Choose a program

Select your recommended program or browse our other options.

3

### Get started

That's it! Enroll with your program and start making changes.

Get started

## We've done the research so you don't have to

Here are the clinical programs and apps chosen by our experts:



### WeightWatchers

Reach your goals with the #1 Dr. recommended weight-loss program!\*\*



### Transform

Develop healthy habits with personal coaching and wellness programs.



### Betr Health

Lose weight, address chronic conditions and restore your gut health.



### HabitNu

Lose weight and reduce your risk for chronic conditions with a CDC developed program.



### Ciba Health

Learn vital skills to lose weight, get active, and enhance your well-being.



### Digbi Health

Lose weight and reduce gut inflammation through food as medicine.

## Fitbit included

When you participate for four weeks we'll send you a Fitbit activity tracker.

What is a Diabetes Prevention Program?

Will I have to pay anything?

When will I receive my Fitbit?

What if I still have questions about the program?

Get started

## You might be wondering

Solera Health partners with your health plan to offer programs designed to help members live healthier lives, such as the Diabetes Prevention Program (DPP). Solera helps identify what programs are best for you based on your current health plan status and preferences.

We are here for your questions. Contact us at 888-605-7690 (TTY: 711) Monday - Friday from 9 a.m. to 9 p.m. Eastern Time.

\*For members who complete program participation requirements. Requirements vary, check with your program for details. Applies to certain Fitbit® models. Limited to 1 per person. Solera Health reserves the right to substitute an alternate activity tracker.

\*\*Based on a 2020 IQVIA survey of 14,000 doctors who recommend weight-loss programs to patients.

Solera Health is an independent company that provides wellness services on behalf of your health plan.

Fitbit, Betr Health, HabitNu, Personify Health, WeightWatchers, Ciba Health, and Digbi Health are independent companies that offer health and wellness programs, products and services to members of your health plan.

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