

## SOLERA4ME LIFESTYLE CHANGE PROGRAM

### Frequently Asked Questions

#### What is the Solera4me Lifestyle Change Program?

Also known as the Diabetes Prevention Program (DPP), the lifestyle change 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.

#### What's included in the program?

There are many versions of the lifestyle change program, and you can choose the one that's the best fit for you. 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 solera4me lifestyle change program is a new preventive benefit for Anthem Blue Cross of California members. All CVT members that are covered Anthem HMO and PPO subscribers and dependents are eligible for Solera's Diabetes Prevention Program.

#### How do members find out if they qualify?

Members who are identified as having prediabetes or who score as high risk for developing diabetes can qualify for the program. Members should visit [solera4me.com/cvt](https://solera4me.com/cvt) and take a 1-minute quiz to see if they qualify.

#### If they're qualified, how do members sign up for the lifestyle change program?

Members should visit [solera4me.com/cvt](https://solera4me.com/cvt) to learn more about the program and to sign up; or they can call 877-486-0141 to sign up over the phone.

#### Is there a cost to members for participating?

There is no cost to members.

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

Call Solera at 877-486-0141 if you have questions.