

START A HEALTHIER YOU TODAY

Introducing a new covered benefit for Anthem Blue Cross Members



Anthem Blue Cross is pleased to announce a new 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 type 2 diabetes. And it's available at no cost to members who qualify.

Participants report greater energy, a more positive outlook and overall improved health.

The program includes the following elements:



Access to a personal
health coach



Weekly
sessions



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/tulare

Questions? Call 1-844-612-2949, M-F 9 am to 9 pm EST.

©Solera Health Inc. All rights reserved.

Solera4me is provided by Solera Health, an independent company.

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross name and symbol are registered marks of the Blue Cross Association.

*For participants who complete four weeks of activity meeting Diabetes Prevention Program guidelines. Applies to select Fitbit models; limited to one per person. Solera Health reserves the right to substitute an alternate tracker.