



# CHANGE YOUR LIFE IN 16 WEEKS

Introducing a new covered benefit for Anthem Blue Cross Members

Anthem Blue Cross of California is pleased to announce a new benefit for qualified members.

It's a 16-week, cutting-edge program 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.

You'll be able to choose from an array of national and local programs, like Weight Watchers®, Jenny Craig®, Retrofit and 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/tulare](https://solera4me.com/tulare).