



CHANGE YOUR LIFE IN 16 WEEKS

Introducing a new covered benefit for Blue Shield of California CVT Members

Blue Shield of California and California's Valued Trust are pleased to announce a new benefit for qualified CVT members enrolled in a PPO or HMO plan.

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

You'll be able to choose from an array of national and local programs, like Weight Watchers®, Noom, 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/cvt.

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 Blue Shield of California members. All CVT members that are covered Blue Shield 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 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 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.

Can a member change program providers if they've already started the program?

Yes, at any time during the program year, a member that enrolled and engaged in the program may request a change in assigned DPP provider, and shall be reassigned to an alternate DPP provider without impact to their enrollment status.

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

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

Solera4me is provided by Solera Health, an independent company.

Solera Diabetes Prevention Program is available to all CVT Members enrolled in an Blue Shield of California PPO or HMO plan.

Solera4Me is provided by Solera Health, an independent company, and does not provide Blue Shield of California products or services.

Blue Shield of California is an independent member of the Blue Cross Blue Shield Association.