



Introducing the Diabetes Prevention Program



SOLERA



Solera and the DPP

Anthem Blue Cross and Blue Shield is introducing a new benefit called the Diabetes Prevention Program (DPP).

The DPP will be available at no cost to all Anthem members 18 and older who qualify.

Solera is our partner that supplies the DPP.

Why Focus on Diabetes Prevention?



1 in 3 of us is at risk for diabetes.

More than 86 million Americans today have prediabetes, and **most of us don't know it.**

Prediabetes means that blood sugar levels are higher than normal, but not high enough yet to be classified as type 2 diabetes.

Who is at Risk?

People with the following factors are at higher risk for prediabetes:



Weight:
body mass index
(BMI) over 25



Age:
over 40
years old



Family history:
parent or sibling
with diabetes



Ethnicity:
Hispanic or
African American



Activity level:
More sedentary
lifestyle

The Good News for Those at Risk



In 2001, the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) proved that losing a modest amount of weight significantly reduced a person's risk of developing diabetes.

Losing just 5 to 7% of body weight via a healthier diet and increased physical activity resulted in a 58% risk reduction.

Introducing the Diabetes Prevention Program (DPP)



The DPP is a 16-week program designed to help participants adopt healthier lifestyle habits and lose a modest amount of weight

The program focuses on healthier eating, increased physical activity, and managing the challenges that are associated with lifestyle change.

After the initial 16 weeks, participants attend monthly sessions to reinforce the new lifestyle habits they've adopted.

The Research

RISK
REDUCTION

58%



Loss of 5 to 7% of body weight achieved by reducing calories and increasing physical activity to at least 150 minutes per week resulted in a 58% lower incidence of type 2 diabetes

RISK
REDUCTION

71%



For people 60 and older, The program reduced the incidence of type 2 diabetes by 71%

RISK
REDUCTION

34%



After 10 years, lifestyle change program participants had a 34% lower incidence of type 2 diabetes



DPP Formats

Participants have a variety of options to choose from for their Diabetes Prevention Program. Some meet in person, others are conducted online, and still others are done entirely via smartphone.

The NDPP

The 52 week lifestyle change program includes:



A trained
lifestyle coach



CDC-approved
curriculum



Group
support



16 weekly meetings
with monthly follow-up

Participants learn how to:



Eat healthy



Manage stress



Incorporate physical
activity into daily routine



Solve problems that get in
the way of healthy changes



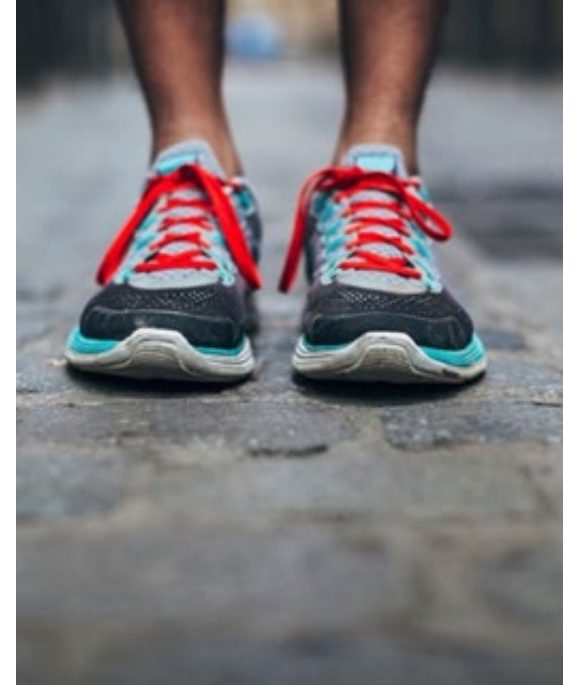
Who is Eligible?

All Anthem members who are at-risk for diabetes are covered. The program is available to them as a free, covered benefit.

Meet Solera

Anthem is partnering with Solera Health to bring the DPP to its members.

Solera helps to identify members who are at risk and matches them with a program based on their preferences.



The Solera DPP Network

Members are matched to their **best fit** program provider from a **variety of solutions** and delivery options



DPP OPTIONS



It All Starts at Solera4Me.com/Myers

Member is directed to Solera4Me and takes the 1-minute quiz:


The screenshot shows the top of the Myers Industries website. At the top left are the logos for Anthem, a blue shield with a white cross, and Myers Industries, Inc. Below the logos is a large orange banner with the text "A HEALTHIER YOU STARTS HERE." in white. Underneath the banner, there is a paragraph of text: "Any team member who takes the quiz by July 31, 2020 will be awarded 500 Kazoo points and be entered into a drawing to win 1 of 5 NutriBullet® PROs from Myers. Those who enroll, actively participate for more than 60 days, and meet the fourth milestone by losing 5% of their body weight will earn an additional incentive.** ** These rewards, offered by Myers Industries, are in addition to the rewards provided through Solera Network." Below the text is a blue button that says "TAKE THE 1-MIN QUIZ". At the bottom of the banner, it says "POWERED BY SOLERA" with the Solera logo.

The screenshot shows a page titled "MOST PROGRAMS INCLUDE THE FOLLOWING ELEMENTS:". Below the title are four icons with corresponding text: a scale icon for "Tools like a wireless scale or an activity tracker", a group of people icon for "A small group for support", a book icon for "Weekly lessons", and a person with a speech bubble icon for "Access to Personal Health Coach". Below this is a photo of two women smiling. To the left of the photo is a text box titled "SMALL CHANGES MAKE A BIG DIFFERENCE" with the text: "Making modest changes to your diet and activity level can have a significant impact on your health. Losing just 5-7% of your weight—10-14 pounds for a 200 pound person—has been proven to decrease the risk of developing Type 2 diabetes by 38%!" Below the photo is the text "READY TO GET STARTED? Take our 1-minute quiz to see if you qualify." and a yellow button that says "TAKE THE 1-MINUTE QUIZ". At the bottom of the page is a dark grey footer with the Solera logo, contact information "Questions? Call 877.486.0143 or email support@solera4me.com", and social media icons for LinkedIn, Facebook, and Twitter.




Solera4Me.com/Myers

Post Quiz: QUALIFIED

Results

 Take the next step

Your support team includes:

 +  + 

Health coach Fitbit Group support

[Enroll now](#)

Based on your quiz answers...

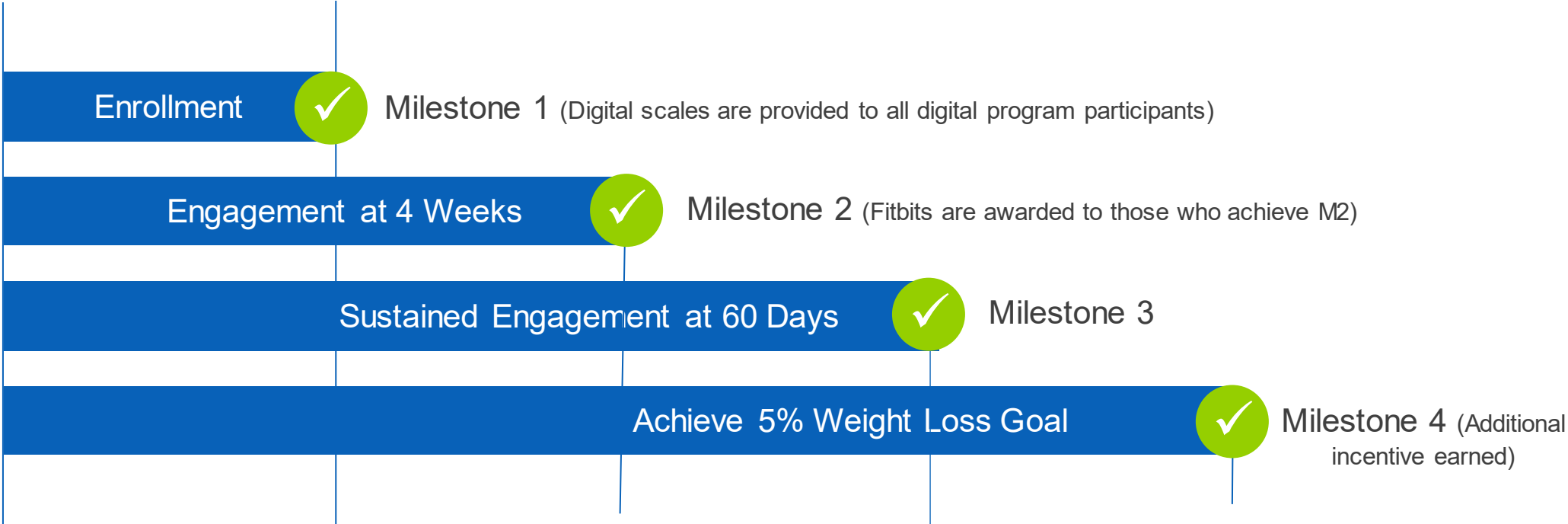
You've qualified for a health and wellness program that may be covered by your insurance.

- Opportunity to participate in 16 weekly sessions
- Monthly sessions for the rest of the year
- Skills and support to make lasting healthy lifestyle changes

What's in it for me?

- Enrollment in a health and wellness program of your choice
- Tools like a Fitbit activity tracker
- Wireless scale (with online programs)
- More energy, improved sleep, less pressure on your knees and joints, and a better overall mood

Milestones



Our Consumers See Results

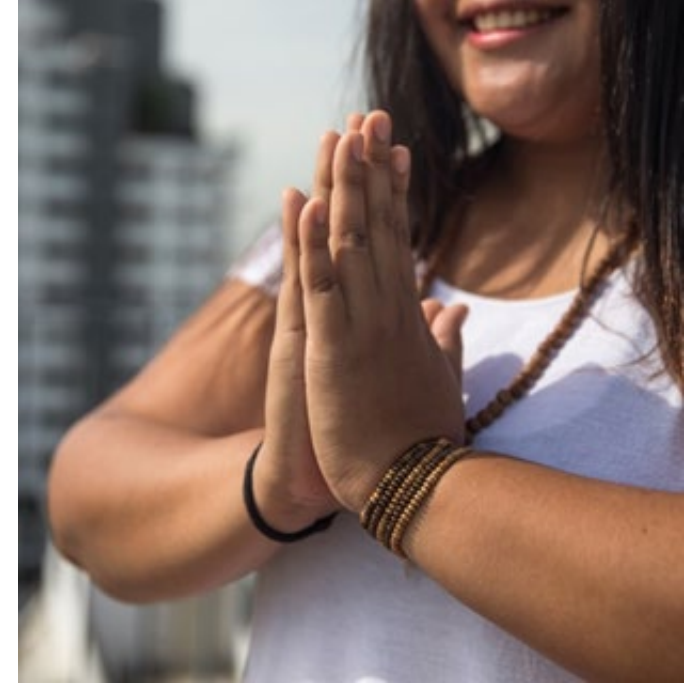


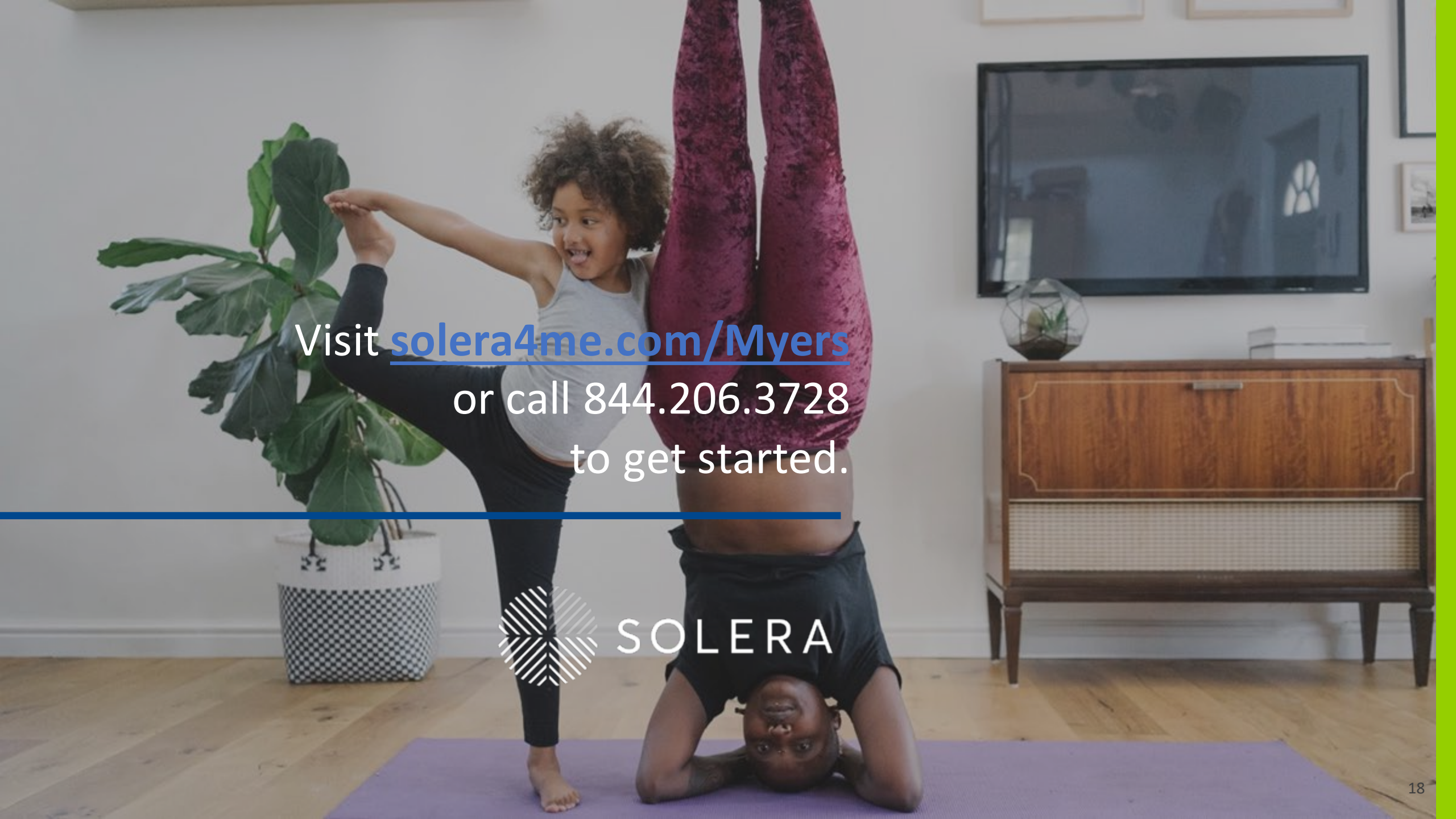
The Diabetes Prevention Program is Changing Lives

“It was just over a year ago that Solera reached out and I joined the DPP. Here we are, 10 months later, and I am happy to say I am 86 pounds lighter. I just had my 45th birthday. I am the healthiest, happiest, and lightest I have been in my entire adult life.

I know that this is just the beginning of this journey for me. I have referred at least a dozen coworkers to this program, as well as my mom and my sister, so you have helped at least a dozen people just by starting with me.”

~Participant enrolled in the Diabetes Prevention Program





Visit solera4me.com/Myers
or call 844.206.3728
to get started.



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