

Diabetes Prevention Program



Did you know that the latest research indicates one in three people are at risk for developing type 2 diabetes? With the Diabetes Prevention Program, you can help your patients who are Blue Shield members learn more about wellness to reduce their risk of developing type 2 diabetes.

As a provider, you play an important part in preventing type 2 diabetes and improving the health of your patients by:

- Raising awareness of prediabetes
- Sharing information about the Diabetes Prevention Program with them
- Promoting the Diabetes Prevention Program and encouraging participation as a covered health benefit for Blue Shield members

Research shows that people at risk for developing diabetes can prevent or delay its onset by losing a modest amount of weight through diet and exercise.

Within just a few weeks, this new Wellvolution® program can help your eligible patients form healthy habits that last a lifetime.

When they enroll, they get to choose the type of support they prefer, whether it's in-person, online, or through a smartphone app.

Your patients can start the journey to a healthier lifestyle with a one-minute quiz

As part of their Wellvolution benefits, Blue Shield members can simply take a short quiz to find their risk level. If they qualify, they're ready to begin the program.

Members can find the quiz online at www.solera4me.com/shield.

Are your patients at risk for diabetes or prediabetes?

More than 86 million Americans have prediabetes, or elevated blood sugar levels, and most don't even know it.

There are certain factors that can increase the risk of developing diabetes or prediabetes:

- **Weight:** Having a body mass index (BMI) over 25
- **Age:** Being age 40 or older
- **Family history:** Having a parent or sibling with diabetes
- **Ethnicity:** Being of Hispanic or African American origin
- **Activity level:** Having a more sedentary lifestyle

Physicians can refer Blue Shield of California patients by email or fax. Physician fax forms can be found on the Blue Shield of California provider website.

Please email or fax the form to:

Solera Health, Inc.
Email: mdrefer@soleranetwork.com
Fax: 602-391-2667

Helpful tools and features

Most participants lose 5% to 7% of their total body weight during the program through healthier eating and more physical activity.

This results in a 58% reduction in risk for developing diabetes, according to the Centers for Disease Control and Prevention.

To help employees reach their goal, the Diabetes Prevention Program offers:

- Access to a personal health coach
- Easy-to-understand tips
- Tools like wireless scales or activity trackers

The right support

Blue Shield offers the Diabetes Prevention Program in collaboration with with Solera Health. Solera provides a variety of program options including:

In-person

Provides support within a small group setting, including in-person access to a health coach.

Online

Provides digital access to a health coach and peer support from other program members.

Smartphone

Offers an all-mobile experience with real-time, in-app support and guidance.

How do patients sign up?

The Diabetes Prevention Program is available as a year-long covered benefit to eligible Blue Shield members, at no additional cost.

It only takes a minute for members to see if they are eligible to take part in the program.

1. Visit www.solera4me.com/shield.
2. Spend a few minutes answering a handful of questions.
3. Discover their risk for diabetes and learn the next steps.

Programs they can select may include:

- Weight Watchers
- HealthSlate®
- Jenny Craig
- Noom®
- RetrofitSM
- Skinny Gene Project
- And more

More ways to kick-start patient health

The Diabetes Prevention Program is part of Wellvolution, the simplest way to work wellness into every day.

With a range of different offerings, Wellvolution can help your patients learn about their health and help improve their well-being. Visit mywellvolution.com for more information.

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