





## Take the Path to a Healthier You

California's Valued Trust is pleased to offer a wellness program 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.


### WHAT'S INCLUDED



**A custom program  
that works**



**A FREE Fitbit  
activity tracker\***



**On-demand health  
coaching**

**Best of all, it's no additional cost to you**

Visit [Solera4Me.com/CVT](https://Solera4Me.com/CVT) to get started

**Prefer to talk to a person?** Call Solera at **844-612-2949** (TTY: 711), Monday through Friday from 6 a.m. to 6 p.m. PT.

\*For members who complete program participation requirements. Requirements vary, check with your program for details. Applies to certain Fitbit® models. Limited to 1 per person. Solera Health reserves the right to substitute an alternate activity tracker. Solera Health is an independent company that provides wellness services on behalf of your health plan. Fitbit, Betr, Habitnu, Virgin Pulse, and WeightWatchers® are independent companies that offer health and wellness programs, products and services to members of your health plan.

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\*Network is subject to change. The remaining trademarks are property of their respective owners.

## **DIABETES PREVENTION PROGRAM - FREQUENTLY ASKED QUESTIONS**

### **What is Solera Health?**

Solera Health is a vendor that California's Valued Trust has partnered with to help administer the Diabetes Prevention Program (DPP). Solera will help identify qualified employees and enroll them in a DPP that best fits their needs.

### **What is the Diabetes Prevention Program?**

Also known as the DPP, the Diabetes Prevention 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.

### **How effective is the DPP in reducing the risk of type 2 diabetes?**

The DPP has been proven by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) to decrease the risk of developing type 2 diabetes by 58 percent for those who lose 5 – 7 percent of their body weight through changes in diet and exercise. The NIH and CDC are independent organizations that offer health information that you may find helpful.

### **What's included in the program?**

There are many versions of the lifestyle change program, but 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 DPP is a preventive benefit for California's Valued Trust employees and dependents on the medical plan.

### **How do employees find out if they qualify?**

Employees who are identified as having prediabetes or who score as high risk for developing type 2 diabetes can qualify for the program. Employees should visit [solera4me.com/cvt](http://solera4me.com/cvt) and take a one-minute quiz to see if they qualify.

### **If they're qualified, how do employees enroll?**

Employees should visit [solera4me.com/cvt](http://solera4me.com/cvt) to learn more about the program and to enroll online, or they can call 844-612-2949 to enroll over the phone. Once enrolled, participants will receive a welcome email from Solera with instructions on how to complete the registration process with their matched DPP provider. Participants must complete the registration process with their DPP provider to begin the program.

### **Is there a cost to employees or dependents for participating?**

This program is free for all qualified employees and dependents on the medical plan. You may receive an Explanation of Benefits (EOB) for this benefit. No action is necessary if you receive an EOB.

### **When will I receive my Fitbit®?**

After you have been actively participating for the first four weeks of the program, you will receive an email from Solera with a unique code to redeem your Fitbit\*. Please be sure to talk to your coach about what it means to "actively participate." For technical questions about how to use your Fitbit, contact Fitbit support at [help.fitbit.com/cwsupport](http://help.fitbit.com/cwsupport).

### **When should I expect to receive my scale?**

If you selected a digital option, you will receive a wireless scale as part of the program. The scale will be shipped once enrollment is complete, typically within five to seven days.

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

Call Solera at 844-612-2949 if you have questions.