



CHANGE YOUR LIFE IN 16 WEEKS

Take control of your risk for developing Type 2 diabetes.

Blue Cross of Idaho has partnered with Solera Health to offer a new benefit to help you take better control of your health. The Diabetes Prevention Program can help those with prediabetes take steps to prevent them from developing Type 2 diabetes, at no out-of-pocket cost.

The free 16-week program can help you lose weight, adopt healthy habits and significantly reduce your risk of developing diabetes. You'll be able to choose from an array of national and local programs, like Weight Watchers®, Retrofit and HealthSlate. You can also choose between online or in-person programs.

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

Log in to your online member account at
members.bcidaho.com to see if you qualify.