Lose weight, adopt healthy habits and significantly reduce your risk of developing type 2 diabetes. Take the one-minute quiz to find out if you qualify for a lifestyle change program at $0 cost to you.

Take a One-Minute Quiz at SOLERA4ME.COM/USG

Questions? Call 844-206-3728, Monday through Friday 9 a.m. to 9 p.m. EST.

For active, eligible Anthem members only.

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*For participants who complete four weeks of activity meeting Diabetes Prevention Program guidelines. Applies to select Fitbit models; limited to one per person. Solera Health reserves the right to substitute an alternate tracker.