



University System of Georgia Benefits



USG | Anthem Blue Cross and Blue Shield

SOLERA HEALTH DIABETES PREVENTION PROGRAM

TALKING POINTS

We know that affordable healthcare coverage is important to the University System of Georgia employees and their families, and preventative care is an important component. You now have access to a customized weight loss assistance and diabetes prevention program through Solera, which will be at no cost for employees and spouses who qualify.

ABOUT THE PROGRAM:

- 86 million Americans are at risk for type 2 diabetes – 1 in 3 of us.
- Take the 1-minute quiz to find out if you're at risk – at solera4me.com/usg
- The onset of diabetes can be dramatically reduced with the Diabetes Prevention Program (DPP) – a new benefit for Anthem Blue Cross and Blue Shield members, including a spouse covered on your plan.
- If you are at risk, you can enroll in the DPP – a lifestyle change program proven to help you lose weight, adopt healthy habits, and reduce their risk of type 2 diabetes.
- There are many different DPP formats (online or in-person); members will match with a DPP based on preferences.
- The program meets weekly for 16 weeks and then 1-2 times/month for the balance of a year and comes with a lot of helpful tools like a Fitbit, scale (virtual programs), and access to a health coach.
- There is **no cost** to employees and spouses on the Anthem healthcare plan that qualifies for the DPP.
- Solera will be emailing and calling USG employees to enroll them in the program. They are approved to reach out to you, so if you wish to participate, don't hesitate to provide the personal and medical information they require. You will not be asked for social security numbers or financial information. The benefit is provided at no cost to you. If you receive a suspicious call, contact your HR department and notify them immediately.