Introducing the Diabetes Prevention Program
Solera and the DPP

USG in partnership with Anthem Blue Cross and Blue Shield is introducing a new benefit called the Diabetes Prevention Program (DPP).

The DPP will be available at no cost to University System of Georgia employees and spouses on the Anthem healthcare plan.

Solera is our partner that supplies the DPP.

Solera DPP will go live for University System of Georgia on January 1, 2020.
Why Focus on Diabetes Prevention?

1 in 3 of us is at risk for diabetes.

More than 86 million Americans today have prediabetes, and most of us don’t know it.

Prediabetes means that blood sugar levels are higher than normal, but not high enough yet to be classified as type 2 diabetes.
Who is at Risk?

People with the following factors are at higher risk for prediabetes:

- **Weight:** body mass index (BMI) over 25
- **Age:** over 45 years old
- **Family history:** parent or sibling with diabetes
- **Ethnicity:** Hispanic or African American
- **Activity level:** More sedentary lifestyle
The Good News for Those at Risk

In 2001, the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) proved that losing a modest amount of weight significantly reduced a person’s risk of developing diabetes.

Losing just 5 to 7% of body weight via healthier eating habits and increased physical activity resulted in a 58% risk reduction.
Introducing the Diabetes Prevention Program (DPP)

The DPP is a 16-week program designed to help participants adopt healthier lifestyle habits and lose a modest amount of weight.

The program focuses on healthier eating, increased physical activity, and managing the challenges that are associated with lifestyle change.

After the initial 16 weeks, participants attend monthly sessions to reinforce the new lifestyle habits they’ve adopted.
The Research

Loss of 5 to 7% of body weight achieved by reducing calories and increasing physical activity to at least 150 minutes per week resulted in a 58% lower incidence of type 2 diabetes.

For people 60 and older, the program reduced the incidence of type 2 diabetes by 71%.

After 10 years, lifestyle change program participants had a 34% lower incidence of type 2 diabetes.
The NDPP

The 52 week lifestyle change program includes:

- A trained lifestyle coach
- CDC-approved curriculum
- Group support
- 16 weekly meetings with monthly follow-up

Participants learn how to:

- Eat healthy
- Manage stress
- Incorporate physical activity into daily routine
- Solve problems that get in the way of healthy changes
Who is Eligible?

University System of Georgia employees and spouses on the Anthem plan and who are at-risk for diabetes are covered. The program is a covered benefit, that is no cost to you.

Risk factors for diabetes includes:
• Age: age 45 or older
• Weight/Height: Body Mass Index (BMI) over 25
• Family History: Parent or sibling with type 2 diabetes
• Ethnicity: African American or Hispanic
• Activity level: More sedentary lifestyle
Meet Solera

We are partnering with Solera Health to bring the DPP to our healthcare plan members.

Solera helps to identify members who are at risk and matches them with a program based on their preferences.
Your Program Options

Participants have a variety of options to choose from for their Diabetes Prevention Program. Some meet in person, others are conducted online, and still others are done entirely via smartphone.
It All Starts at Solera4Me.com

Employees are directed to Solera4Me to take the 1-minute quiz:
Post Quiz: QUALIFIED

Results

Take the next step

Your support team includes:

- Health coach
- Fitbit
- Group support

Enroll now

Based on your quiz answers...
You’ve qualified for a health and wellness program that may be covered by your insurance.

- Opportunity to participate in 16 weekly sessions
- Monthly sessions for the rest of the year
- Skills and support to make lasting healthy lifestyle changes

What’s in it for me?

- Enrollment in a health and wellness program of your choice
- Tools like a Fitbit activity tracker
- Wireless scale (with online programs)
- More energy, improved sleep, less pressure on your knees and joints, and a better overall mood
Milestones

Enrollment ✓ Milestone 1
(Digital scales are provided to all digital program participants)

Engagement at 4 Weeks ✓ Milestone 2
(Fitbits are awarded to those who achieve M2)

Sustained Engagement at 60 Days ✓ Milestone 3

Achieve 5% Weight Loss Goal ✓ Milestone 4
Our Participants See Results

**OUR PERSONALIZED APPROACH DRIVES industry-leading engagement and outcomes:**
- **85%** lost weight
- **65%** achieved weight-loss goals

**92% ARE MAKING HEALTHIER FOOD CHOICES**

**91% SATISFACTION**
Solera program participants were extremely satisfied with their experience.

**88% feel their risk for diabetes has decreased**

**87% CONSIDER THEMSELVES MORE PHYSICALLY ACTIVE**
The Diabetes Prevention Program is Changing Lives

“It was just over a year ago that Solera reached out and I joined the DPP. Here we are, 10 months later, and I am happy to say I am 86 pounds lighter. I just had my 45th birthday. I am the healthiest, happiest, and lightest I have been in my entire adult life. I know that this is just the beginning of this journey for me.

~Participant enrolled in the Diabetes Prevention Program
Visit solera4me.com/usg or call 844.206.3728 to get started.