



Introducing the Diabetes Prevention Program





Solera and the DPP

Beginning 1/1/23 BCI will offer a benefit called the Diabetes Prevention Program (DPP).

The DPP is available to University of Idaho members 18 and older who qualify and have the standard PPO or HDHP.

Solera is your partner that supplies the DPP.

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 40
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 a healthier diet 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.

What to expect:

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



DPP Formats

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.



Who is Eligible?

Any member in a covered group and who are at-risk for diabetes are eligible. The program is available to you as a free, covered benefit.

Meet Solera



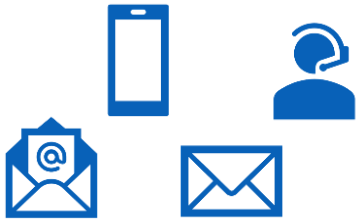
SOLERA



BCI is partnering with Solera Health to bring the DPP to its members.

Solera helps to identify members who are at risk and matches you with a program based on your preferences.

The member experience is driven by user preferences and choice.



OUTREACH

Engagement can include email, text, or direct mail.



1-MINUTE QUIZ

An online quiz on solera4me.com lets members find out quickly if they qualify for the benefit. Members may also call a dedicated phone number for questions and support.



MATCH

Qualified members get matched to a program based on their preferences. On-line and in-person programs are available including WW® Weight Watchers reimagined.



PARTICIPATE

Members participate for 16 weekly sessions, followed by monthly maintenance for a full year of the benefit. After 4 weeks of active engagement, members receive a Fitbit® activity tracker*.


It all starts at gosolera.com/uidaho

Member is directed to gosolera and takes the 1-minute quiz.

University of Idaho

Questions? Call 833-868-6895 (TTY: 711), Monday through Friday, 6 a.m. to 6 p.m. PST or email support@gosolera.com

SELECT LANGUAGE



A HEALTHIER YOU STARTS HERE.





Ready to take the first step to lower your chance of getting Type 2 diabetes? Take our one-minute quiz to find out if you qualify for a diabetes prevention program offered at no cost to you.

ENROLL • ENGAGE
GET A FITBIT TRACKER

CLICK HERE TO TAKE THE ONE-MINUTE QUIZ

FIND YOUR MATCH ONLINE

Connect to classes with your computer, tablet, or phone. Health coaches are online to support you.



MOST PROGRAMS INCLUDE THE FOLLOWING ELEMENTS:

- Tools like a wireless scale or an activity tracker
- A small group for support
- Weekly lessons
- Access to personal health coach



SMALL CHANGES MAKE A BIG DIFFERENCE.

Making small lifestyle changes to the foods you eat and activity you get can make big improvements to your health. Find out if you qualify for a program that can help you lose weight and lower your chance of getting type 2 diabetes.

READY TO GET STARTED?

Take our one-minute quiz to see if you qualify.

CLICK HERE TO GET STARTED



Questions? Call 833-868-6895 (TTY: 711), Monday through Friday, 6 a.m. to 6 p.m. PST or email support@gosolera.com


Accessibility Project Underway - [Read More](#)



gosolera.com/uidaho

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



Even if nothing seems to work, we can prove to you it's not your fault, age, or genetics. It's not a lack of willpower or motivation holding you back. It's diet-induced inflammation that is making it next to impossible to lose weight or reverse chronic conditions like anxiety, hypertension, and diabetes. Inflammation is not only the root cause behind many chronic metabolic conditions but it causes insulin resistance which causes uncontrollable weight gain.

This inflammation along with digestive distress is the reason your cravings, hunger, blood pressure, blood sugar, anxiety, and frustrations are soaring. One size fits all diets, low carb diets, insert name here diets, counting calories, shakes, and knee-buckling workouts are only making things worse. The truth is you don't need a behavior change coach or an app to tell you to go for a walk, you need a customized physiologic change. That's why on Betr Health the only thing you will be counting is compliments and we have over 800 five star reviews to prove it. This CDC approved gut, brain, and body refreshing food protocol vastly improves sleep and mood while helping your body convert 3-5 pounds of fat per week to life-changing energy. This is an easy to follow lifestyle that your whole family will benefit from and love doing together.

Using food as medicine is the quickest way to improve blood labs, drop medications, while preventing and reversing high cholesterol, high blood pressure, headaches, hypertension, diabetes II, Crohn's, IBS, PCOS, fibromyalgia, anxiety, psoriasis, eczema, chronic pain, and fatigue. Your dedicated personal coach makes it easy for you and your family to follow along. We have delicious recipes, meal plans and an easy to use meal planner to fit even the pickiest of eaters. If you don't like to cook, no problem! We have freshly made family-style meals delivered right to your door. You will never be alone. You will have the support of the whole online community 24/7 and a physician-led coaching team right from the app. This is an opportunity to explore what foods work best for you. In just a few days to a few weeks, we will have you living in a happier, healthier lifestyle.

Benefits

- ✓ Lose Weight (3-5 Pounds Per Week)
- ✓ Reverse Diabetes, High Cholesterol, Hypertension
- ✓ Relieve Anxiety, Cravings and Mental Fog
- ✓ One on One Dedicated Daily Coach
- ✓ Supportive Online Community
- ✓ 24/7 Access to Physician Led Support Team
- ✓ Connected App with Apple Health & Google Fit
- ✓ Delicious Meal Plans, Recipes and Shopping Lists
- ✓ Fresh Meal Delivery Available
- ✓ Highest Rated Program on Google & Facebook
- ✓ Digestive and Gut Healthy Food Protocol
- ✓ Customized to Your Busy Lifestyle
- ✓ No Shakes, Points or Calorie Counting
- ✓ In App Meditation, Yoga and Fitness
- ✓ Vegans, Vegetarians & Picky Eaters Are Welcome

[Play Betr Health video](#)





You probably tried other weight-loss programs, lost weight only to put it back on when the program ends. HabitNu is different: CDC-Recognized HabitNu helps you lose weight and develop healthy habits that last for the long-term. HabitNu is a true lifestyle change program led by trained health coaches who personally teach you to eat better, get active, manage stress and sleep better. With HabitNu you will succeed by setting achievable, bite-sized goals, using easy-to-use digital tools to monitor your progress, and learn the right ways to stay healthy. HabitNu is fully recognized by the Centers for Disease Control based on outcomes. Join the thousands of participants who have changed their *lives and build New Habits that will last!*

Benefits

- ✓ Small changes, big rewards! HabitNu is built to fit into your busy lifestyle
- ✓ Lose weight and keep it off without extreme 'yo-yo' dieting
- ✓ Learn to get active, eat healthy, manage stress and get better sleep
- ✓ Individual and group support with your own personal health coach
- ✓ Get a Wi-Fi scale when you join and a Fitbit® when you engage
- ✓ Eat all your favorite foods in moderation, get customized recipes
- ✓ Experience long-term weight loss, improved blood pressure and blood sugar levels

[Play HabitNu video](#)





pulse

VP Transform for Prediabetes is a leading digital lifestyle program that can help you lose weight and reduce your risk for diabetes, making you feel better overall. VP Transform is recognized by the CDC for its best-in-class weight loss outcomes and its ability to develop long-lasting habits that keep you sustainably lighter and healthier. With VP Transform you get:

Benefits

- ✓ One-on-one coaching sessions with a professional Health Coach
- ✓ Peer support in an online community of participants just like you
- ✓ A scale that is synced to your VP Transform app for automatic weight loss tracking
- ✓ Weekly interactive lessons that can be completed at your own pace
- ✓ Smart push notifications and reminders personalized for you
- ✓ Support and seamless integration with a busy lifestyle that requires flexibility
- ✓ No requirement to count calories or weigh portions – just take photos of your meals
- ✓ A free Fitbit® activity tracker once you actively participate in VP Transform for 4 weeks

[Play Virgin Pulse video](#)



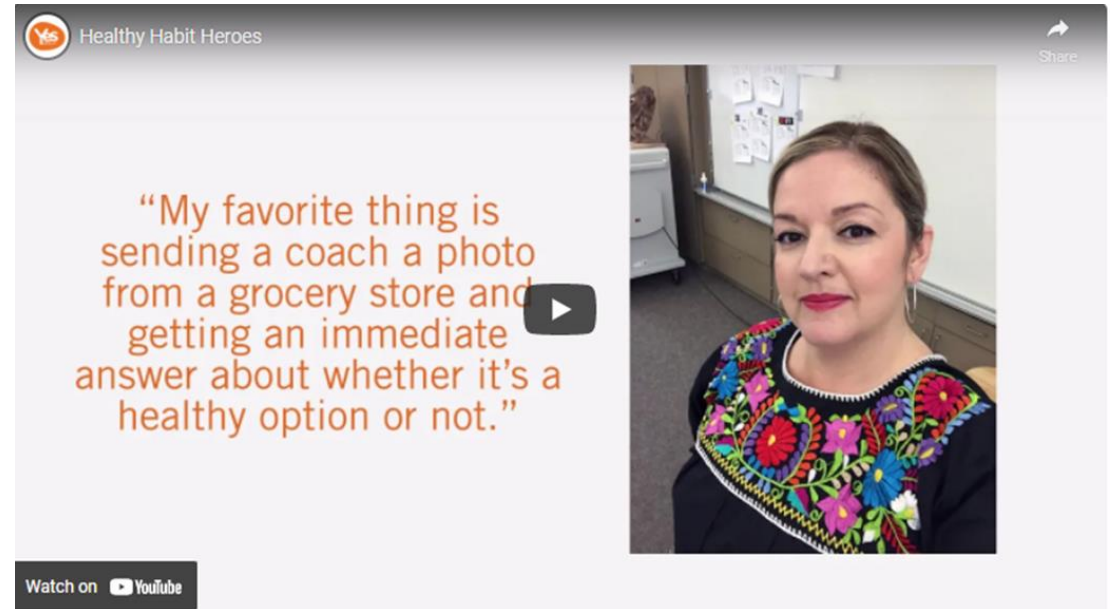


Our all-mobile weight-loss program helps you meet your health goals with friendly encouragement, tips and, reminders from our expert team of nutrition and fitness coaches. Members lose an average of 5% of their total body weight and lower their risk for chronic diseases, including diabetes.

Benefits

- ✓ In-the-moment coaching
- ✓ Personalized plan that matches your lifestyle
- ✓ Instant feedback on meals from nutrition experts
- ✓ Fun, motivating exercise tips and support from personal trainers
- ✓ Ways to reduce stress and make more time for what you love
- ✓ Easy progress tracking to help you meet your milestones
- ✓ A digital weight scale is provided and participants have the opportunity to earn a Fitbit activity tracker.

[Play Yes Health video](#)





For more than 55 years, WW has helped millions lose weight with the latest nutritional and behavior change science. When you join WW, you'll get a customized weight-loss plan with access to Coaching and weekly Workshops to help you build healthy habits for life. With our award-winning app, you'll have all the tools and inspiration you need.

Benefits

- ✓ NEW! Individualized, scientifically proven PersonalPoints™ plan guides you to eat well, move more, and lose the weight you want.
- ✓ NEW! Add Points® to your Budget by building healthy habits, like drinking water, staying active, and eating non-starchy vegetables.
- ✓ Get food and activity trackers, 10,500-plus recipes, on-demand workouts, better-sleep tools, community support, and 24/7 Live Coaching in WW's award-winning app.
- ✓ Visualize your achievements in your weekly progress report and set goals for the week ahead.
- ✓ Join a community of encouraging members to keep you accountable with tracking toward your goals.

[Play WW video](#)





SOLERA