



# REDUCING DIABETES RISK AMONG MEMBERS

## DIABETES IS A MAJOR HEALTHCARE CONCERN



1 in 3 of us is at risk for diabetes.



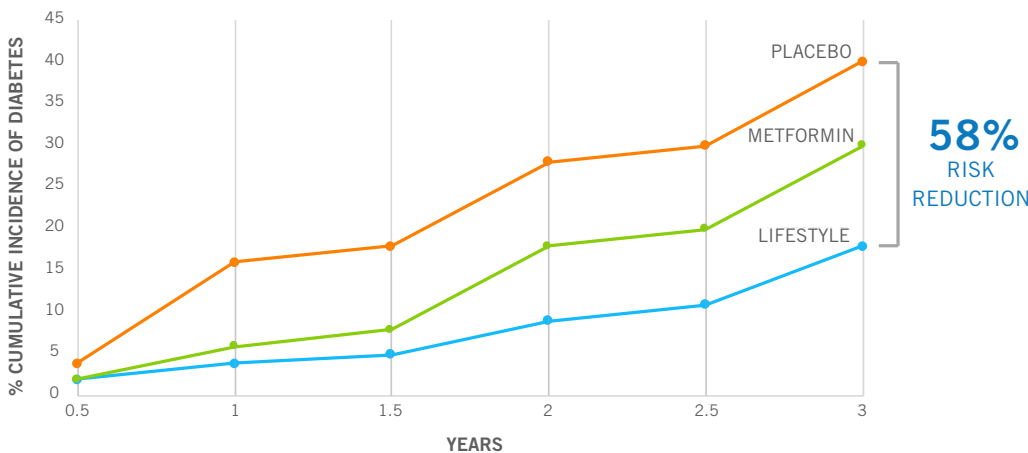
More than 88 million Americans have prediabetes, and most of us don't know it.



Without action, more than 50% with prediabetes will develop diabetes in the next 5 – 10 years.\*

## THE DIABETES PREVENTION PROGRAM LOWERS DIABETES RISK

Developed by the CDC and the NIH, the Diabetes Prevention Program has been proven to reduce the risk of type 2 diabetes by 58%.



N Engl J Med. 2002; 346: 393-403

\*<https://www.cdc.gov/diabetes/prevention/prediabetes-type2/preventing.html>

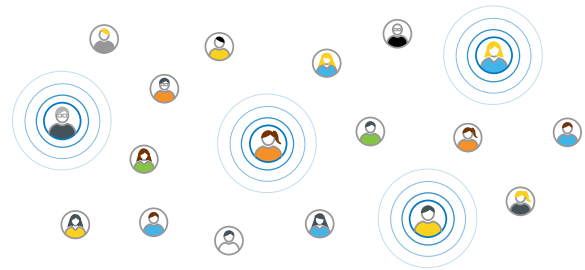
# REDUCE RISK WITH THE DIABETES PREVENTION PROGRAM

In partnership with Solera Health, we're pleased to offer evidence-based chronic disease prevention programs that can drive outcomes and lower costs. Your employees can choose from among a network of diverse DPP providers.

## HOW IT WORKS

### 1. Employee Outreach

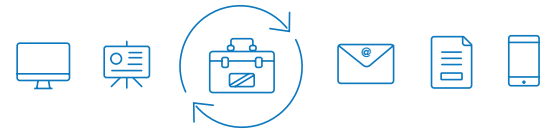
Blue KC will send communications to our members via email, as well as include information on their **MyBlueKC.com** member portal, to ultimately drive them to take the one-minute quiz on [solera4me.com/bluekc](https://solera4me.com/bluekc).



### 2. Employer Promotion

Please share the following materials with your employees:

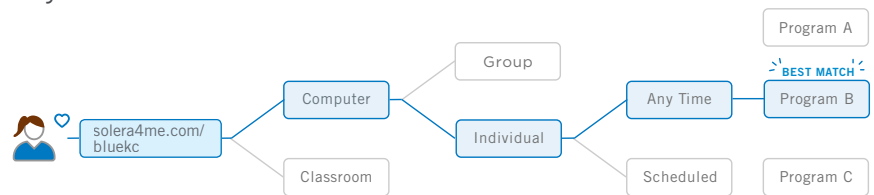
- 1) [Member Flyer](#)
- 2) [Sample Content Blurbs](#)
- 3) [Member Overview Slides](#)



For additional support, contact your broker or Blue KC representative. They can engage Solera to discuss potential ways to promote this new benefit to your employee population.

### 3. Preference-based Matching

Members are directed to [solera4me.com/bluekc](https://solera4me.com/bluekc) and are matched with one of Solera's network partners, based on their needs and preferences.



Interested in helping your employees avoid diabetes?

Contact your broker or Blue KC representative.