

REDUCING DIABETES RISK
Blue Cross and Blue Shield of Kansas City
Introducing the Diabetes Prevention Program (DPP)

MEMBER OVERVIEW

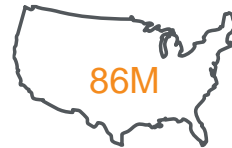
Effective May 2018



WHY DIABETES PREVENTION MATTERS?



Nearly 1 in 3 of us is at risk for diabetes.



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



15-30% of those at high risk will develop type 2 diabetes within 5 years.

WHO IS AT RISK?

Multiple factors contribute to higher risk for prediabetes:



Weight:
body mass
index
(BMI)



Age:
over 40
years old



Family history:
parent or sibling
with diabetes



Ethnicity:
Hispanic or
African American



Activity level:
More sedentary
lifestyle



Blood Screening:
FPG: 100-125mg/dL,
or
A1c: 5.7-6.4, or
OGTT: 140-199 mg/dL

THERE'S 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 for developing diabetes.

Losing just 5% to 7% of body weight via dietary changes and increased physical activity resulted in a 58% risk reduction.

INTRODUCING A NEW BENEFIT EFFECTIVE MAY 2018

What is the Diabetes Prevention Program (DPP)?



The DPP is a lifestyle change program designed to help participants lose weight, adopt healthy habits, and reduce the risk of type 2 diabetes.



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



The program is considered a preventive benefit and is available at no cost to members who are eligible.

PROGRAM ELEMENTS

There are an array of organizations that offer Diabetes Prevention Programs (DPPs). While formats vary—for instance, some meet in person while others are conducted online—most share a core set of elements.

Key Points:

- 12-month program
- 16 weekly sessions, then monthly sessions for the balance of a year



Personal health coach



Weekly lessons

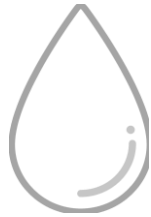


Small group for support



Tools like wireless scales and/or activity trackers

HOW DO I QUALIFY?

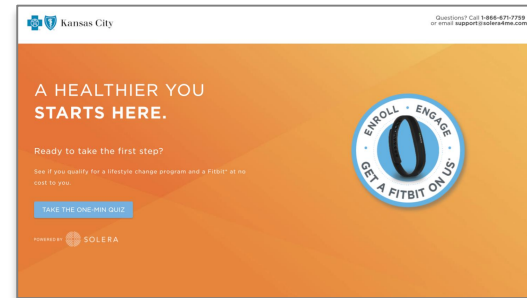


BLOOD SCREENING*

The following screening results qualify for the program:
FPG: 100-125mg/dL, or
A1c: 5.7-6.4, or
OGTT: 140-199 mg/dL

*If you have blood screening results

OR

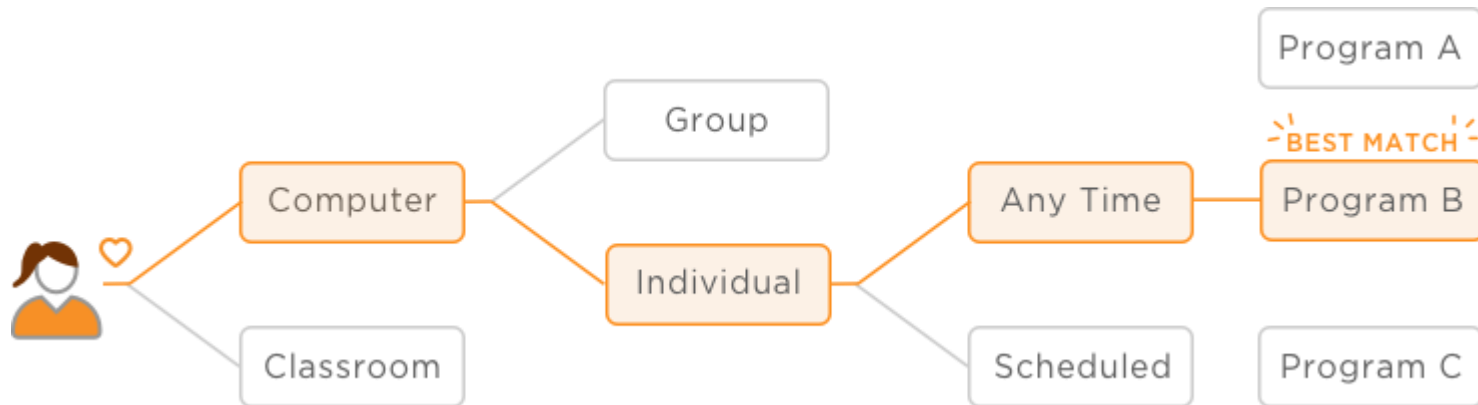


ONLINE QUIZ

Members who are determined to be high risk via an online CDC risk screener are also qualified for the program.

INTRODUCING SOLERA HEALTH

- Solera is a single source solution connecting you to an integrated network of community and digital Diabetes Prevention Program providers.
- Once qualified, you will be matched with an industry-leading network partner, based on preferences.
- You will have a variety of DPP options to choose from – in person, online, via smart phone or text based.



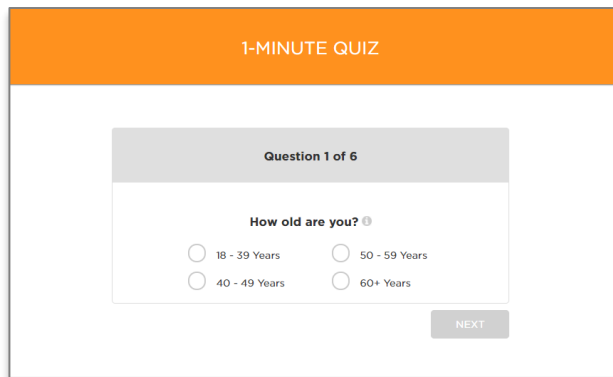
ENROLLMENT PROCESS

Find out if you qualify for the Diabetes Prevention Program by taking a one-minute quiz at solera4me.com/bluekc or call Solera directly at (866) 671-7759

The screenshot shows a webpage for the Diabetes Prevention Program. At the top left is the Kansas City logo, and at the top right is contact information: "Questions? Call 1-866-671-7759 or email support@solera4me.com". The main content area has an orange background with the text "A HEALTHIER YOU STARTS HERE." and "Ready to take the first step?". Below this is a sub-headline: "See if you qualify for a lifestyle change program and a Fitbit* at no cost to you." and a blue button that says "TAKE THE ONE-MIN QUIZ". At the bottom left is the text "POWERED BY SOLERA" with the Solera logo. On the right side of the page is a circular graphic with a Fitbit band in the center, surrounded by the text "ENROLL • ENGAGE" at the top and "GET A FITBIT ON US" at the bottom.

MEMBER ENROLLMENT PROCESS

Solera qualifies members via a CDC risk screener.



1-MINUTE QUIZ

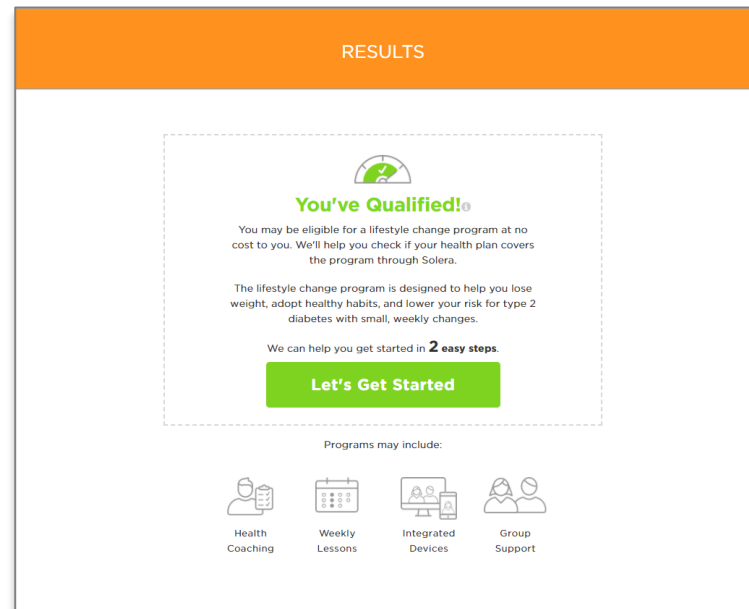
Question 1 of 6

How old are you? ⓘ

18 - 39 Years 50 - 59 Years

40 - 49 Years 60+ Years

NEXT



RESULTS

You've Qualified!

You may be eligible for a lifestyle change program at no cost to you. We'll help you check if your health plan covers the program through Solera.

The lifestyle change program is designed to help you lose weight, adopt healthy habits, and lower your risk for type 2 diabetes with small, weekly changes.

We can help you get started in **2 easy steps**.

Let's Get Started

Programs may include:

- Health Coaching
- Weekly Lessons
- Integrated Devices
- Group Support

Proprietary and Confidential. Do not distribute without permission.

MEMBER EXPERIENCE – ELIGIBILITY CHECK

ARE YOU COVERED?

Sign up in two easy steps

1 2

Checking coverage

There are many program options available to you that are covered by your health plan or employee benefits.

Fill out the simple form below and we'll check instantly to see what programs are available to you today.

First Name	Last Name
Mobile Phone Number	Date of Birth (MM/DD/YYYY)
E-mail	Confirm E-mail
Street Address	Apartment or Unit #
City	<input type="text"/> Zip Code
Health plan or employer	

Example: Blue Cross Blue Shield

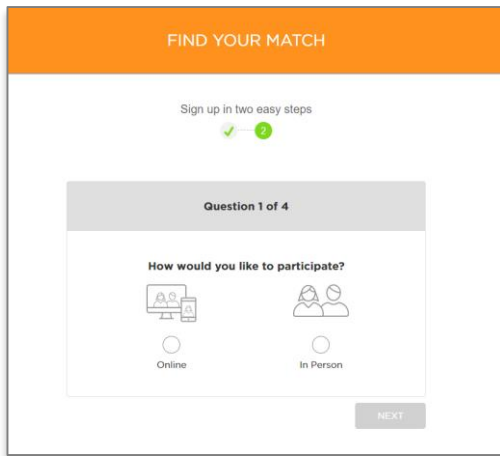
Health Plan Member ID #	Are you the primary subscriber?
<input type="text"/>	<input type="radio"/> Yes <input type="radio"/> No

CHECK COVERAGE

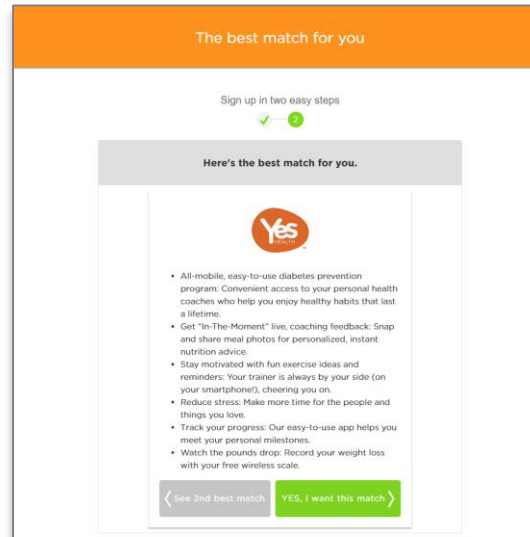
By clicking "CHECK COVERAGE", I acknowledge receipt of Solera's [Notice of Privacy Practices](#)

Proprietary and Confidential. Do not distribute without permission.

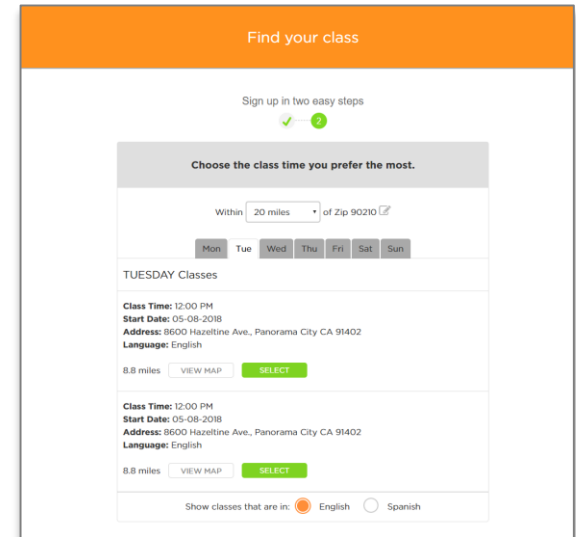
MEMBER EXPERIENCE – MATCHING PROCESS (DIGITAL)



Matching Quiz



Digital Match Page



In-Person Match Class Picker Page

Proprietary and Confidential. Do not distribute without permission.

CHANGING LIVES

Participants are losing weight and feeling better.

“It was just over a year ago that Solera reached out and I joined the Diabetes Prevention Program. 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.** I have referred at least a dozen coworkers to this program, as well as my mom and my sister, so you have helped at least a dozen people just by starting with me.”

- Melissa, Colorado Springs, CO

VISIT [SOLERA4ME.COM/BLUEKC](https://solera4me.com/bluekc)

TO GET STARTED