

Take the Path to a Healthier You

Don't Miss Out on This Benefit for Anthem Blue Cross and Blue Shield Members



Anthem Blue Cross and Blue Shield is pleased to offer a wellness program for qualified members.

It's a 16-week program, followed by monthly sessions, that can help you lose weight, adopt healthy habits and significantly reduce your risk of developing type 2 diabetes.

And it's available at no cost to employees and spouses who qualify!

Participants report greater energy, a more positive outlook and overall improved health.



GET A FREE FITBIT ACTIVITY TRACKER*

Participants select from online or in-person programs, which include the following:



Access to a personal health coach



Weekly sessions



A small group for support



Tools like a wireless scale or Fitbit® activity tracker*

TAKE A ONE-MINUTE QUIZ AT [SOLERA4ME.COM/FULTON](https://www.solera4me.com/fulton)

Questions? Call 844-206-3728, Monday through Friday 9 a.m. to 9 p.m. EST.

Available to active, eligible Anthem members only.

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©Solera Health Inc. All rights reserved. *For participants who complete four weeks of activity meeting Diabetes Prevention Program guidelines. Applies to select Fitbit models; limited to one per person. Solera Health reserves the right to substitute an alternate tracker.