

DIABETES PREVENTION PROGRAM

Frequently Asked Questions

What is the Diabetes Prevention Program?

Also known as the DPP, the Diabetes Prevention Program helps participants lose weight, adopt healthy habits and significantly decrease their risk of developing type 2 diabetes. The program meets weekly for 16 weeks and then monthly for the balance of a year. The program teaches participants to make lasting changes by eating healthier, increasing physical activity, and managing the challenges that come with lifestyle change.

How effective is the DPP in reducing the risk of type 2 diabetes?

The Diabetes Prevention Program (DPP) has been proven by the National Institutes of Health (NIH) and the Centers for Disease Control (CDC) to decrease the risk of developing type 2 diabetes by 58% for those who lose 5 – 7% of their body weight via changes in diet and exercise.

What's included in the program?

There are many versions of the lifestyle change program, but most include the following components:

- 16 weekly lessons, followed by monthly sessions for the rest of the year
- Lifestyle health coach to help set goals and keep participants on track
- Small group for support and encouragement
- Helpful tools, like wireless scales and fitness trackers.

Who is eligible for the program?

The Diabetes Prevention Program is a new Anthem Blue Cross and Blue Shield preventive benefit for qualified HealthTrust Enrollees.

How do HealthTrust Enrollees find out if they qualify?

HealthTrust Enrollees who are identified as having prediabetes or who score as high risk for developing type 2 diabetes can qualify for the program. Enrollees should visit solera4me.com/healthtrust and take a 1-minute quiz to see if they qualify.

If they're qualified, how do they enroll?

Enrollees should visit solera4me.com/healthtrust to learn more about the program and to enroll; or they can call 844-503-5117 to enroll over the phone. Once enrolled, members will receive a Welcome Email from Solera with instructions on how to complete the registration process with their matched DPP provider. Members must complete the registration process with their DPP provider to begin the program.

Is there a cost to Enrollees for participating?

This program is at no cost to Enrollees. Once enrolled in the program on Solera4Me.com, Anthem will receive a claim from Solera to cover the processing and program services for this preventive benefit. Enrollees may receive an Explanation of Benefits (EOB) from Anthem for this benefit. No action is necessary if an Enrollee receives an EOB. DPP is a covered preventive benefit.

Who should I contact if I have questions about the program?

Call Solera at 844-503-5117 if you have questions.

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