

DIABETES PREVENTION PROGRAM

Talking Points

- 86 million Americans are at risk for type 2 diabetes – 1 in 3 of us.
- Take the 1-minute quiz to find out if you're at risk.
- Employees, spouses and early Retirees enrolled in HealthTrust medical coverage can qualify via an online quiz at solera4me.com/healthtrust or call 844-503-5117 to learn more.
- Everyone should know if they are at risk since the onset of diabetes can be dramatically reduced with the Diabetes Prevention Program (DPP) – a new benefit for active and early retiree HealthTrust Enrollees.
- There is no cost to active and early retiree HealthTrust Enrollees for the DPP.
- If you're at risk, you can enroll in the DPP – a lifestyle change program proven to help participants lose weight, adopt healthy habits, and reduce their risk of type 2 diabetes.
- It's a 16-week program, followed by monthly sessions for the balance of the year, and comes with a lot of helpful tools like a Fitbit, scale (virtual programs), and access to a health coach.
- There are a number of different DPP formats (online or in-person); HealthTrust Enrollees will match with a DPP based on preferences.
- HealthTrust Enrollees are eligible to receive a Fitbit from Solera after 4 weeks of participation. HealthTrust Enrollees can still receive a Fitbit through the Slice of Life program.

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