



## Lifestyle Program Benefit

### Get healthier with this covered benefit that helps you lose weight.

If you qualify, we'll match you with a program that fits your lifestyle and keeps you on track with one-on-one support from a trained health coach, including virtual options.

Blue KC has partnered with Solera to offer you a personalized experience from leading health solutions like WW (Weight Watchers® Reimagined). And the best part? It's completely paid for by your health plan if you qualify.



### Pick the Right Program for You

Choose from a variety of programs, from virtual personal coaching to small group meetings. Each program has milestones to help you stay on track and earn free tools.



### Get Digital Tools

After you qualify and are matched to a lifestyle program, you'll receive a smart scale within a week (digital programs only) and an activity tracker after four weeks<sup>1</sup>.



### It's a Covered Benefit – That Means No Additional Cost<sup>2</sup> to You

If you qualify, this benefit is paid for 100%. And so is your matching lifestyle program.

Find out if you qualify by taking a brief quiz at [GoSolera.com/BlueKCforYou](https://GoSolera.com/BlueKCforYou).

Download the Blue KC Care Management app for additional support and use access code **khelppwelcome**.



[GoSolera.com/BlueKCforYou](https://GoSolera.com/BlueKCforYou)



Blue KC Care Management

<sup>1</sup>For participants who complete four weeks of activity meeting Diabetes Prevention Program guidelines. Applies to select activity tracker models. Limited to one per person. While supplies last. Solera Health reserves the right to discontinue at any time. Solera4me is provided by Solera Health, an independent company.

<sup>2</sup>For costs and further details of the coverage, including exclusions, any reductions or limitations and the terms under which the policy may be continued in force, see your insurance producer or write Blue KC.

**NOTE:** The Member Guide provides a general overview of services and benefits that may be included in some Blue KC health plans. Because coverage details can vary, we encourage you to review your specific plan documents for accurate information. For details about your coverage, please refer to your Summary of Benefits and Coverage (SBC) by visiting [MyBlueKC.com](https://MyBlueKC.com) and clicking on **Plan Benefits**.