

REDUCING DIABETES RISK

**Blue Cross and Blue Shield of Kansas City**

Introducing the Diabetes Prevention Program (DPP)

**MEMBER OVERVIEW**

May 2020



**Kansas City**



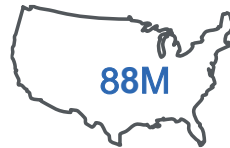
**SOLERA**

# WHY DIABETES PREVENTION MATTERS?

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



CDC now states that 88 million have pre-diabetes, 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?

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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



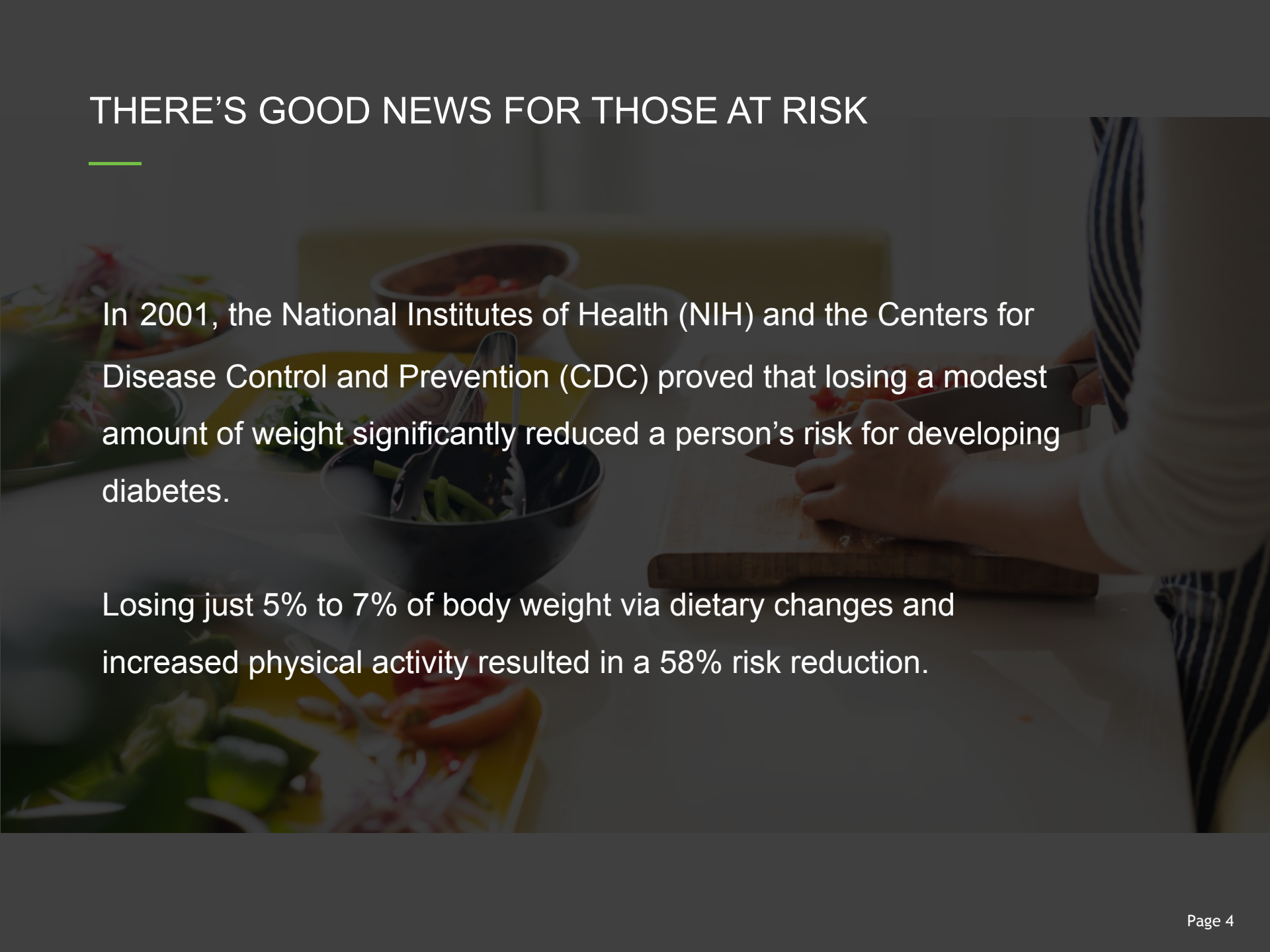
**Activity level:**  
More sedentary  
lifestyle



**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

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A person is shown from the side, wearing a white long-sleeved shirt and a blue and white striped apron, preparing food on a wooden cutting board. The counter is cluttered with various items: a bowl of green beans, a bowl of red tomatoes, a bowl of green salad, and a bowl of red salad. The background is a kitchen setting with a white wall and a window.

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.

# WHAT IS THE DIABETES PREVENTION PROGRAM (DPP)?

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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 for the balance of a year



Personal health coach



Weekly lessons



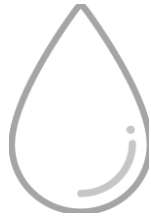
Small group for support



Tools like wireless scales and/or activity trackers

# HOW DO I QUALIFY?

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## 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

OR

 Kansas City

Questions? Call 1-866-671-7759  
or email [support@kansasone.com](mailto:support@kansasone.com)

A HEALTHIER LIFESTYLE  
STARTS HERE.

Ready to take the first step?

See if you qualify for a lifestyle change program and a Fitbit®  
at no cost to you.

[TAKE THE ONE-MIN QUIZ](#)

POWERED BY  SOLERA



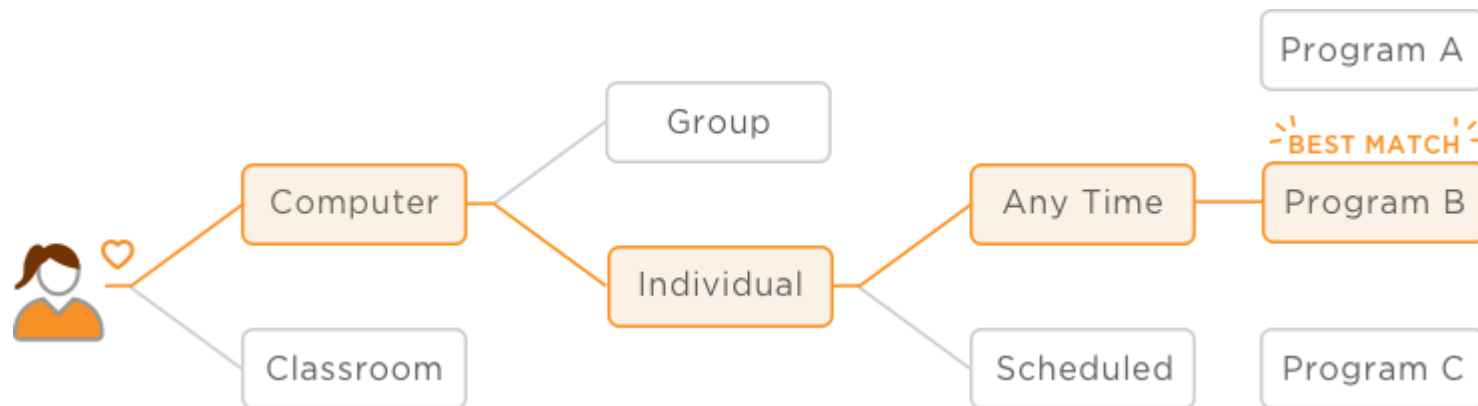
## ONLINE QUIZ

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

\*If you have blood screening results

# 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

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

The advertisement is a rectangular banner with a white header and an orange body. In the top left of the header is the Kansas City logo (a blue cross with a white circle inside) and the text "Kansas City". In the top right is the text "Questions? Call 1-866-671-7759 or email [support@solera4me.com](mailto:support@solera4me.com)". The orange body contains the text "A HEALTHIER LIFESTYLE STARTS HERE." in white, followed by "Ready to take the first step?" and "See if you qualify for a lifestyle change program and a Fitbit\* at no cost to you." Below this is a blue button with the text "TAKE THE ONE-MIN QUIZ". At the bottom left is the text "POWERED BY" followed by the Solera logo (a green and blue circular pattern) and the word "SOLERA". On the right side of the orange body is a circular graphic with a blue border. Inside the circle, the text "ENROLL • ENGAGE" is at the top and "GET A FITBIT TRACKER\*" is at the bottom. In the center of the circle is a black Fitbit tracker.

Kansas City

Questions? Call 1-866-671-7759  
or email [support@solera4me.com](mailto:support@solera4me.com)

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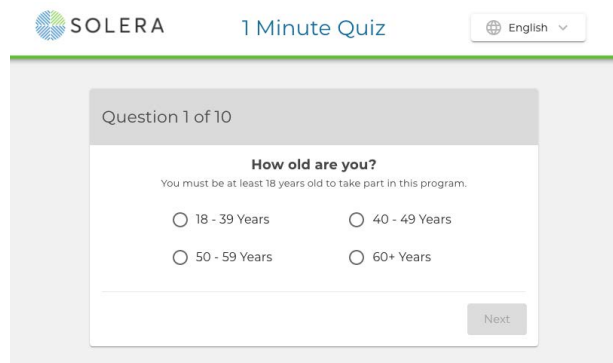
TAKE THE ONE-MIN QUIZ

POWERED BY SOLERA

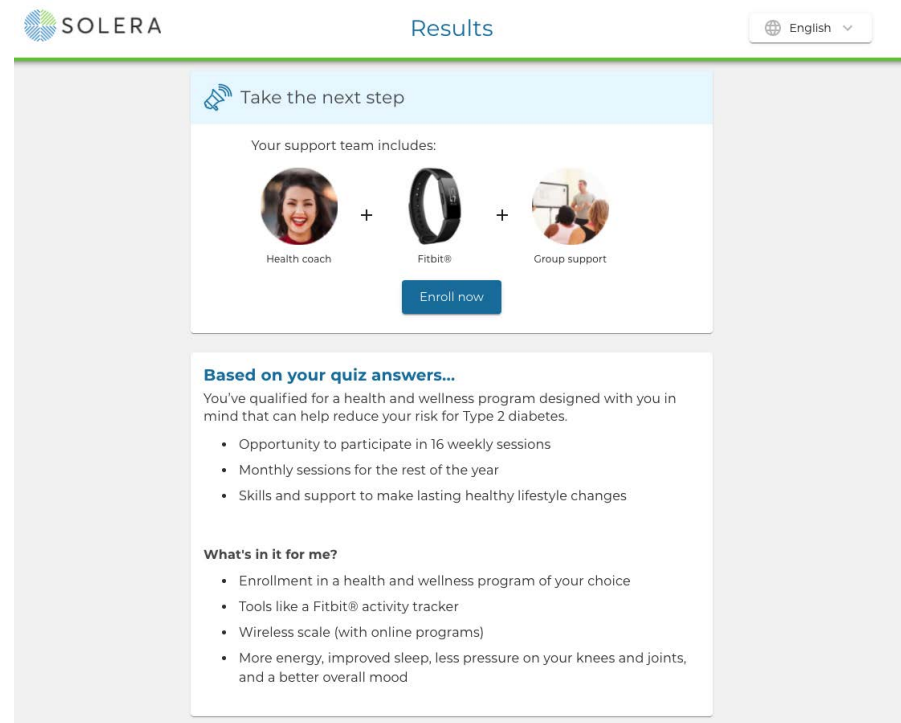
ENROLL • ENGAGE  
GET A FITBIT TRACKER\*

# MEMBER ENROLLMENT PROCESS

Solera qualifies members via a CDC risk screener.



The screenshot shows the '1 Minute Quiz' interface. At the top, the SOLERA logo is on the left, '1 Minute Quiz' is in the center, and a language dropdown set to 'English' is on the right. Below this, a grey header bar says 'Question 1 of 10'. The main content area has the title 'How old are you?' and a subtext 'You must be at least 18 years old to take part in this program.' There are four radio button options: '18 - 39 Years', '40 - 49 Years', '50 - 59 Years', and '60+ Years'. A 'Next' button is located at the bottom right of the options.



The screenshot shows the 'Results' page. At the top, the SOLERA logo is on the left, 'Results' is in the center, and a language dropdown set to 'English' is on the right. Below this, a light blue header bar says 'Take the next step'. The main content area has the title 'Your support team includes:' and three icons: a woman labeled 'Health coach', a Fitbit device labeled 'Fitbit®', and a group of people labeled 'Group support'. Below these icons is an 'Enroll now' button. The next section is titled 'Based on your quiz answers...' and contains the text 'You've qualified for a health and wellness program designed with you in mind that can help reduce your risk for Type 2 diabetes.' followed by a bulleted list: 'Opportunity to participate in 16 weekly sessions', 'Monthly sessions for the rest of the year', and 'Skills and support to make lasting healthy lifestyle changes'. The final section is titled 'What's in it for me?' and contains a bulleted list: 'Enrollment in a health and wellness program of your choice', 'Tools like a Fitbit® activity tracker', 'Wireless scale (with online programs)', and 'More energy, improved sleep, less pressure on your knees and joints, and a better overall mood'.

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# MEMBER EXPERIENCE – ELIGIBILITY CHECK

The screenshot shows the SOLERA 'Are you covered?' web form. At the top, the SOLERA logo is on the left, the title 'Are you covered?' is in the center, and a language dropdown set to 'English' is on the right. Below the title, a progress bar shows two steps: '1 Check Coverage' (active) and '2 Pick a program'. The main form area is titled 'Contact Information' and includes a 'Live Chat Support' button. A message states: 'Please enter your mailing address in case we need to send you an activity device to help you in your health and wellness program.' The form contains several input fields: 'E-Mail Address' and 'Confirm E-Mail Address'; 'Mobile Phone Number' (with a small 'Mobile Phone Number' label below it) and a dropdown for 'How do you prefer to be contacted?' (set to 'Email'); 'Street Address' (with a '(No PO Boxes)' note below it) and 'Apartment or Unit #'; 'City', 'State' (dropdown), and 'Zip Code'. At the bottom, a disclaimer reads: 'By clicking "Next", I acknowledge receipt of [Solera's Notice of Privacy Practices](#)'. A 'Next' button is located at the bottom right of the form.

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# MEMBER EXPERIENCE – MATCHING PROCESS (DIGITAL)

You're on your way

Check Coverage ✓ Pick a program 2

Question 2 of 4

In the past, how likely were you to ask for help?

☐ Not really. I prefer to figure things out myself.

☐ Very. I enjoy asking questions and getting feedback from coaches and peers.

☐ Somewhat. I usually prefer talking to the other participants in my group.

Back Next

Matching Quiz


SOLERA

You're on your way

Check Coverage ✓ Pick a program 2

English (US)

Best match

 Mobile App English

**Yes Health**

Yes Health gives you on-demand well-being, nutrition and fitness coaching through our easy-to-use, all-mobile healthy lifestyle program. You'll get personalized, in-the-moment feedback from licensed nutritionists.

Read more Select

Program Selection Page

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# CHANGING LIVES

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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