



wellvolution



Bryce Williams

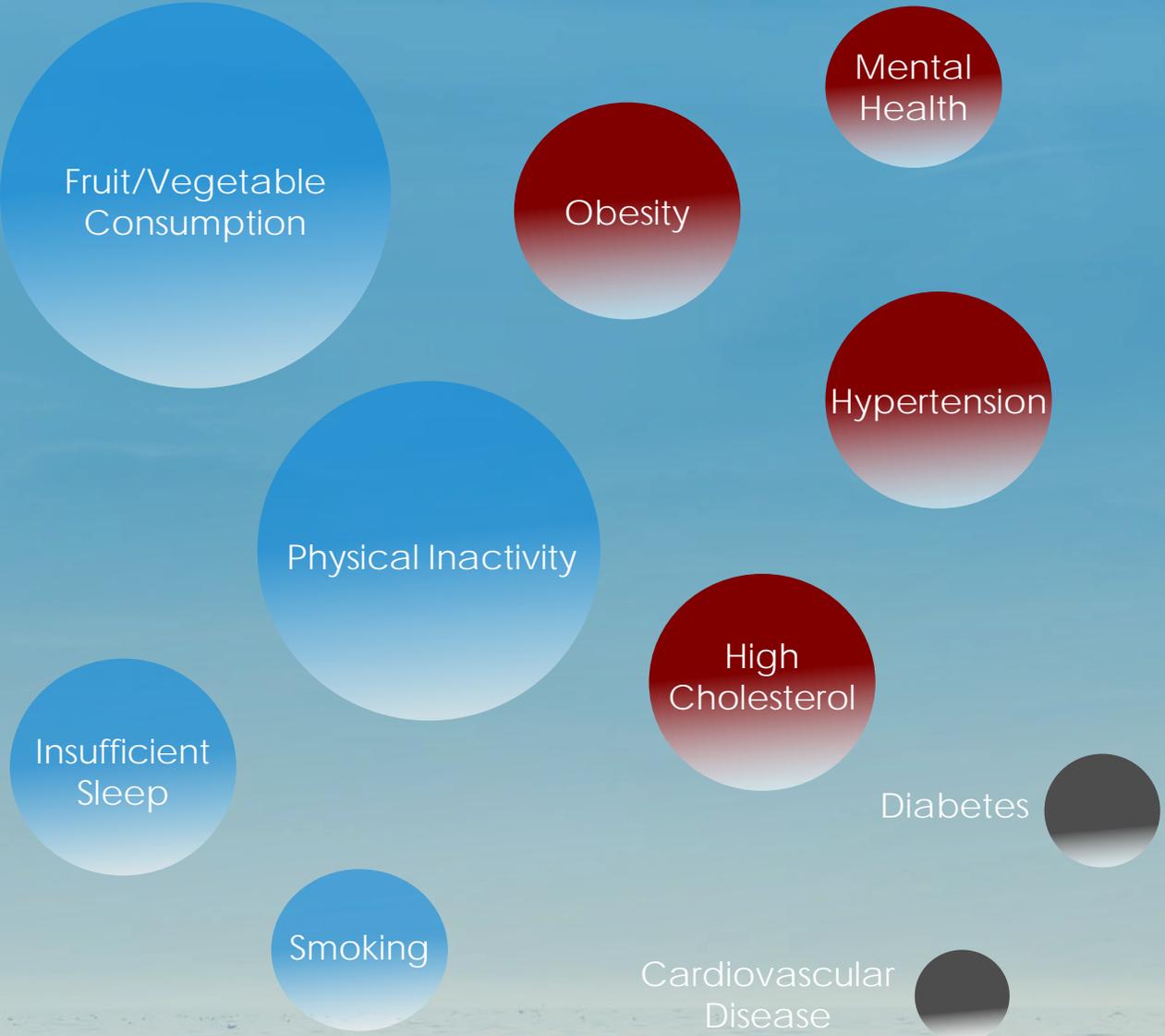
Vice President
Wellbeing

blue  of california

member benefits

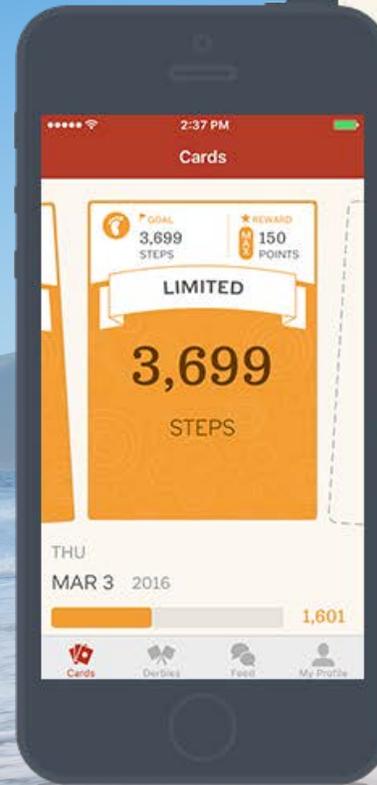
- **screening & counseling** (affordable care act \$0 cost share preventive member benefit)
- **treatment** (plan copays, deductibles, etc. apply)
 - lifestyle medicine
 - walkadoo digital physical activity program available to all commercial members
 - diabetes prevention program (in person & digital) available to all eligible commercial members
 - pharmacy benefit
 - BMI > 40 or BMI > 35 with a clinically diagnosed obesity related disease
 - prior-authorization required
 - bariatric surgery
 - BMI > 40 or BMI > 35 with a clinically diagnosed obesity related disease
 - prior-authorization required
 - blue distinction center (centers of excellence) network

lifestyle medicine



physical activity

- mobile physical activity program integrated with popular fitness trackers (fitbit, garmin, jawbone, apple healthkit, etc.)
- personalized step goals delivered via text or email
- connect with friends and family for friendly competitions and social support
- >75% engagement at 90+ days
- 20% improvement (+1,000 steps/day) in physical activity

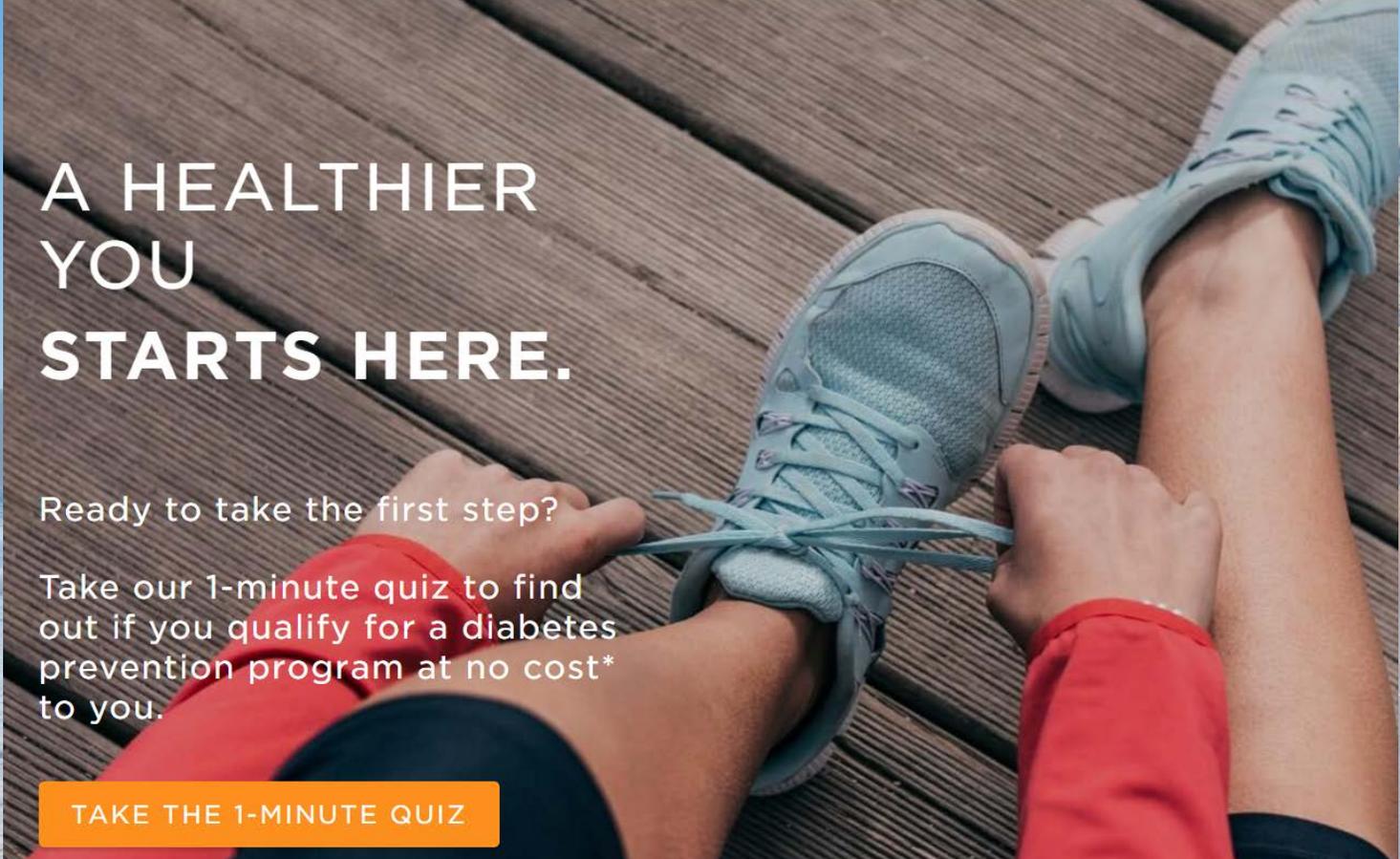


diabetes prevention

- ≈ 600 community partners in 43 of 53 California counties
- multiple digital (online, smartphone, text) provider options
- fitbit flex provided to all participants completing four sessions
- wireless scale for all digital participants

SOLERA4ME blue  of california

For more information, call 844.206.3730
or email support@solera4me.com



A HEALTHIER
YOU
STARTS HERE.

Ready to take the first step?

Take our 1-minute quiz to find out if you qualify for a diabetes prevention program at no cost* to you.

TAKE THE 1-MINUTE QUIZ

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