

Take the first step to a healthier you

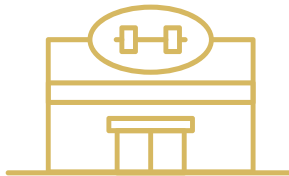


As a Blue Cross of Idaho member, you can access a wellbeing program that helps you get healthier and reduce your risk of developing Type 2 diabetes. Offered in partnership with Solera, this program is available to members who qualify – at no additional out-of-pocket cost. When you qualify and enroll, you'll get everything you need to help you make healthier food choices, move more and lower your risk of Type 2 diabetes.



Get started:

Take a one-minute quiz at solera4me.com/bcIdaho to see if you qualify.



Sign up for the program that best meets your needs, like WeightWatchers® or a local program.



Get tools to help you get healthy, like a free activity tracker*, digital scale and personalized plans from a health coach.

Find out if you qualify for this program today.

Visit solera4me.com/bcIdaho or call 833-868-6895 7 a.m.-7 p.m. MST Monday-Friday.

*For members who complete program participation requirements. Requirements vary, check with your program for details. Applies to certain Fitbit® models. Limited to one per person. Solera Health reserves the right to substitute an alternate activity tracker.

Solera is an independent company that contracts with Blue Cross of Idaho to offer services that connect qualified members to diabetes prevention programs. Solera is solely responsible for its products and services. Blue Cross of Idaho is not responsible for the provision of, or failure to provide, any products and services offered by Solera.