





Lose weight. Gain health.

Weight loss is linked to many health benefits. When you lose weight, you increase energy, improve your confidence and lower your risk for heart disease and Type 2 diabetes. Blue Cross of Idaho offers customized weight loss programs through Solera's network - all at no additional cost.


WHAT'S INCLUDED



A custom program that works



A FREE Fitbit activity tracker*



On-demand health coaching

Best of all, it's at no additional cost to you.

Visit solera4me.com/bc Idaho to get started

Prefer to talk to a person? Call Solera at **833-868-6895** TTY: 711, Monday through Friday from 7 a.m. to 7 p.m. MT.

*For members who complete program participation requirements. Requirements vary, check with your program for details. Applies to certain Fitbit® models. Limited to 1 per person. Solera Health reserves the right to substitute an alternate activity tracker. Solera Health is an independent company that provides wellness services on behalf of your health plan. Fitbit, Betr, Habitnu, Virgin Pulse, and WeightWatchers are independent companies that offer health and wellness programs, products and services to members of your health plan.

Blue Cross of Idaho is an independent licensee of the Blue Cross and Blue Shield Association.