

# Proven weight loss, without the price tag.

Join a weight loss program through Blue Cross of Idaho



Get started at:

[www.GoSolera.com/BCIdaho-WM](http://www.GoSolera.com/BCIdaho-WM)



Scan this QR code using your smartphone camera

Managing your health on your own can be a challenge. Now you have a partner that can help make healthy habits easier and more sustainable.

## Get the tools and support to succeed:

- **A personalized plan** tailored to your tastes, lifestyle and food budget.
- **Top-rated apps** to make following the plan a breeze.
- On demand support from **health coaches** and others in the same program.
- Digital tools like a **Fitbit® activity tracker\*** and wireless scale.

## See the programs chosen by our experts:

WeightWatchers.

betr

habitnu

ciba health

wondr  
HEALTH™

Transform

**Questions?** Call us at **888-293-6044**, from 7 a.m. to 7 p.m. Mountain time.

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.

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

\*Fitbit activity tracker is 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. Wireless scales are available only for members in online only programs (excludes WeightWatchers).