

# Take the Path to a Healthier You

Don't Miss Out on This Benefit for Anthem Blue Cross Members



Anthem Blue Cross is pleased to offer a wellness program for qualified members.

It's a 16-week program, followed by monthly sessions, that can help you lose weight, adopt healthy habits and significantly reduce your risk of developing type 2 diabetes.

**And it's available at no cost to members who qualify!**

Participants report greater energy, a more positive outlook and overall improved health.



**GET A FREE FITBIT ACTIVITY TRACKER\***

**Participants select from online or in-person programs, which include the following:**



**Access to a personal health coach**



**Weekly sessions**



**A small group for support**



**Tools like a wireless scale or Fitbit® activity tracker\***

TAKE A ONE-MINUTE QUIZ AT [SOLERA4ME.COM/JPIA](https://www.solera4me.com/jpia)

**Questions?** Call 844-612-2949, Monday through Friday 6 a.m. to 6 p.m. PST.

Available to active, eligible Anthem members only. Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross name and symbol are registered marks of the Blue Cross Association. Solera4me is provided by Solera Health, an independent company.

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