



## **PUBLIC RISK MANAGEMENT GROUP HEALTH TRUST**

### **Diabetes Prevention Program**

**Description:** The Diabetes Prevention Program is a year-long lifestyle change program designed to prevent members from developing type 2 diabetes. After the initial 16-week program, participants attend monthly sessions to reinforce the new lifestyle habits they've adopted.

**Treatment:** Florida Blue has partnered with Solera to bring the Diabetes Prevention Program to our members. Members will be matched to a program and a Lifestyle Coach who can help them learn ways to incorporate healthier eating, increase physical activity and help manage the challenges that are associated with lifestyle change, including:

- ✓ Losing weight through health meal planning
- ✓ Understanding food and nutrition labels
- ✓ Changing nutrition and exercise for a healthy lifestyle

**Eligibility:** The Diabetes Prevention Program is open to all members and their dependents, age 18 and older, covered under the PRM Group Health Trust, who have not already been diagnosed with diabetes and have a Body mass Index (BMI) of 25 or higher.

Take the eligibility quiz at [www.gosolera.com/prm](http://www.gosolera.com/prm) to find out if you qualify:

- ✓ Digital scales are provided to all virtual program participants
- ✓ Fitbit Activity Trackers are awarded to those who actively engage in the program for four weeks
- ✓ Goal of 5% weight loss and weight loss maintenance

**Effective Date:** The Diabetes Prevention Program, including the eligibility quiz and verification of benefits, will be available on October 1, 2022.

**Member Cost Share:** This is a **FREE** program; there is no cost to the participant.