

CHANGE YOUR LIFE IN 16 WEEKS

Introducing a new covered benefit for participating health plan members

Your employer is pleased to announce a new benefit for participating health plan members.

It's a 16-week, cutting-edge program 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 qualified health plan members.

You'll be able to choose from an array of national and local programs, like Weight Watchers®, Retrofit and HealthSlate.

While programs differ, most include the following elements:



Access to
a personal
health coach



Weekly
lessons



A small group
for support



Tools like a
wireless scale or
an activity tracker

Find out if you qualify by taking a 1-minute quiz at
solera4me.com/eia