

CHANGE YOUR LIFE IN 16 WEEKS

Introducing a new covered benefit for CVT members



Anthem Blue Cross of California and California's Valued Trust are pleased to announce a new benefit for qualified CVT members enrolled in a PPO or HMO plan.

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 members who qualify.

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