

CHANGE YOUR LIFE IN 16 WEEKS

Introducing a new covered benefit for Anthem Blue Cross and Blue Shield Members

Anthem Blue Cross and Blue Shield and HealthTrust are pleased to announce a new benefit for qualified HealthTrust Enrollees.

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 diabetes. And it's available at no cost to members who qualify.

Through this benefit, you may be able to participate in a national weight loss program such as Weight Watchers, Retrofit or 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/healthtrust