



CHANGE YOUR LIFE IN 16 WEEKS

Introducing a new covered benefit for Blue KC Members

Blue Cross and Blue Shield of Kansas City (Blue KC) is pleased to announce a new benefit 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 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 one-minute quiz at solera4me.com/bluekc

If you have questions, please contact Solera at 866-671-7759.