

# START A HEALTHIER YOU TODAY

Introducing a new covered benefit for SISC employees



SISC 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 type 2 diabetes. And it's available at no cost to members who qualify.

Participants report greater energy, a more positive outlook and overall improved health.

The program includes the following elements:



Access to a personal health coach



Weekly sessions



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/sisc](https://solera4me.com/sisc)

**Questions?** Call 1-844-612-2949, M-F 9 am to 9 pm EST.

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\*For participants who complete four weeks of activity meeting Diabetes Prevention Program guidelines. Applies to select Fitbit models; limited to one per person. Solera Health reserves the right to substitute an alternate tracker.