



LACERS WELL PREVENTING DIABETES PROGRAM GUIDE

Lifestyle Change Program
with Solera



FOR QUALIFYING ANTHEM BLUECROSS MEMBERS

Join our campaign and you could earn a \$100 reward card and up to FOUR full LACERS Well Passports to Health (worth 5 points each), which can be redeemed for entry into drawings for prizes (gift cards, Fitbit activity trackers, bicycles, iPads and more!)

Diabetes is one of the most prevalent health conditions among the LACERS population. Approximately 8 out of 10 LACERS Members have been identified as either having diabetes or being prediabetic (i.e., having elevated blood glucose levels).

To support LACERS Members and their spouses/ domestic partners on their journey to optimal health, LACERS Well is launching a campaign to help identify if you are at risk for diabetes and if so, provide resources to help you prevent its onset.

The campaign consists of a simple 1-minute quiz to determine if you are at risk. For those who are at risk, you will have an opportunity to participate in a diabetes prevention Lifestyle Change Program through Anthem BlueCross focusing on healthy eating, daily habits, and physical activity.

To join this campaign, just follow the steps below:

STEP 1

Visit solera4me.com/LACERS and take a 1-minute online quiz. If you are unable to complete the quiz online, you may call (866) 653-4667 to speak to a Solera representative and complete the quiz telephonically.

Use the enclosed "My Quiz Results" (top portion of the form) to indicate your results. If your results indicate a low risk for prediabetes, you are done! Mail or fax it back to LACERS and receive a full LACERS Well Passport to Health. **If your results indicate you are at risk, proceed to Step 2.**



Members who complete the online or telephonic quiz and submit the enclosed quiz results form will earn 5 LACERS Well Passport points for entry into a prize drawing.

STEP 2

If you are at risk, you will be asked to confirm your Anthem health plan eligibility and select a preventing diabetes Lifestyle Change Program, based upon your preferences. Designed to help participants lose weight, adopt healthy habits, and significantly decrease their risk of developing type 2 diabetes, these programs offer:

- 16 weekly lessons (online and in-person attendance options) followed by monthly sessions for the rest of the year
- Lifestyle health coach to help set goals and keep you on track
- Small group sessions for support and encouragement
- Helpful tools like free wireless scales and fitness trackers

(continues on reverse)



LIFESTYLE CHANGE PROGRAM WITH SOLERA

Earn a **\$100 reward card** by being one of the first 100 Members to complete and log 12 or more preventing diabetes Lifestyle Change Program sessions.

Once enrolled, use the enclosed **"My Wellness Pledge"** (bottom portion of the form) to log your commitment to yourself in preventing diabetes and the details of your first Lifestyle Change Program session. Submit this form, along with the "My Quiz Results" portion to LACERS by **June 30, 2018**. Once received by LACERS, a diabetes prevention program welcome gift will be mailed to you!



Members who complete and submit their Wellness Pledge will earn 5 LACERS Well Passport points for entry into a prize drawing.

STEP 3

To receive your **\$100 reward card**, use the enclosed "My LACERS Well Preventing Diabetes Program Session Log" to track your progress. Once you complete 12 or more preventing diabetes Lifestyle Change Program sessions, submit your log form to LACERS by **December 17, 2018**.



Members who complete and submit their Preventing Diabetes Program Session Log will earn 10 LACERS Well Passport points.



The first 100 Members to complete and log 12 or more Lifestyle Change Program sessions will receive a \$100 reward card.

OPPORTUNITIES TO EARN PASSPORT POINTS FOR PREVENTING AND MANAGING DIABETES

Additional resources are available to help LACERS Members reduce their risk for diabetes or manage their diabetes condition, including:

- LACERS Well Extravaganza: LACERS' annual event with this year's focus on Diabetes Awareness and Prevention will be held in 3 locations during May 2018
- Healthier Living with Chronic Conditions Workshop: A six-week workshop starting in June 2018
- Diabetes Prevention Webinar Series: Valuable information provided online so all Members can participate, starting in July 2018
- American Diabetes Association – National Diabetes Prevention Program: A low-cost, year-long course available to those diagnosed as having prediabetes. Classes address lifestyle changes to prevent the onset of diabetes. For more information, visit www.cdc.gov/diabetes/prevention/index.html.

For information on these resources or the LACERS Well Preventing Diabetes Campaign, please contact LACERS' Member Service Center at (800) 779-8328 or visit lacers.org/lacerswell.

MY QUIZ RESULTS



STEP 1. Fill out this portion once you have completed your Solera prediabetes screening quiz.

Member or Spouse/Domestic Partner's Name: _____

Home Phone #: _____ Mobile Phone #: _____

Address: _____

Email: _____

I, Member or Spouse/Domestic Partner's Name, have completed the Solera quiz (pick one):

- Online at Solera4me.com/LACERS By calling Solera at (866) 653-4667

My quiz results indicated the following (please check one box below):

- My risk is **low** for having prediabetes now.
If you checked this box, **you are done!** Submit this form to LACERS Well to earn 5 Passport to Health Points.

- My risk is **high** for having prediabetes now.
If you checked this box, you may benefit from a Lifestyle Change Program with Solera/Anthem BlueCross.

Move on to STEP 2 below.

MY WELLNESS PLEDGE

STEP 2. Complete this portion once you are enrolling in a Solera Lifestyle Change Program.

I, Member or Spouse/Domestic Partner's Name, pledge my commitment to the *Preventing Diabetes Campaign* and to the improvement of my health. I acknowledge that with education and hard work, I may reduce my chance of developing Type II Diabetes.

I will put my health first and create goals that will allow me to live the healthiest and happiest life possible.

I pledge to prevent diabetes because My Health Matters!

My first Lifestyle Change program session will be:

Date Session Topic

Location

Member or Spouse/Domestic Partner's Signature Date



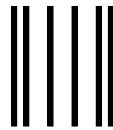
SUBMIT THIS FORM:

Email to:
lacers.health@lacers.org

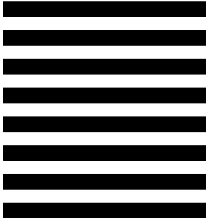
Secure Fax: (847) 890-6273

Mail: P.O. Box 512218
Los Angeles, CA 90051-9861





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LOS ANGELES CITY EMPLOYEES' RETIREMENT SYSTEM
PO BOX 512218
LOS ANGELES CA 90051-9861



MY LACERS WELL PREVENTING DIABETES PROGRAM SESSION LOG



Name: Member or Spouse/Domestic Partner's Name Home Phone #: _____ Mobile Phone #: _____

Address: _____ Email: _____

Please log your Lifestyle Change Program session information below to qualify for exciting rewards! Once you have completed a minimum of 12 sessions, mail your log to **LACERS Well: P.O. Box 512218, Los Angeles, CA 90051-9861** by December 17, 2018.

Date	Session Topic	Location
_____	1 _____	_____
_____	2 _____	_____
_____	3 _____	_____
_____	4 _____	_____
_____	5 _____	_____
_____	6 _____	_____
_____	7 _____	_____
_____	8 _____	_____
_____	9 _____	_____
_____	10 _____	_____
_____	11 _____	_____
_____	12 _____	_____

GREAT JOB! YOU'VE REACHED 12 SESSIONS. KEEP IT GOING!

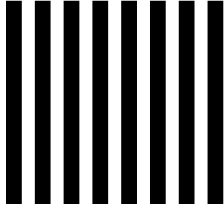
_____	13 _____	_____
_____	14 _____	_____
_____	15 _____	_____
_____	16 _____	_____

Questions? Contact LACERS at (800) 779-8328 or at lacers.health@lacers.org.





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