



# Proven weight loss, without the price tag.

Join a diabetes prevention program through Aetna and State of Delaware and the cost is covered.



Get started at:

[www.GoSolera.com/StateofDE](http://www.GoSolera.com/StateofDE)



Scan this  
QR code  
using your  
smartphone  
camera

Losing weight on your own can be a challenge. Now you have a partner that can help make healthy habits easier and more sustainable. Answer a few questions to qualify, and you can get started today.

## Get the tools and support to succeed:

- ♦ A **personalized plan** tailored to your tastes, lifestyle and food budget.
- ♦ **Top-rated apps** to make following the plan a breeze.
- ♦ On demand support from **health coaches** and others in the same program.
- ♦ Digital tools like a **Fitbit® activity tracker\*** and wireless scale.

## See the programs chosen by our experts:

WeightWatchers.

betr habitnu

ciba health

digbi  
health

Transform

**Questions?** Call us at 844-578-3601 (TTY: 711), Monday - Friday, 9 a.m. to 9 p.m. ET.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna).

Solera Health and are independent companies that offer health and wellness programs, products and services to members of your health plan.

\*Fitbit activity tracker is for members who complete program participation requirements. Requirements vary, check with your program for details. Applies to certain Fitbit® models. Limited to 1 per person. Solera Health reserves the right to substitute an alternate activity tracker. Wireless scales are available only for members in online only programs (excludes WeightWatchers).