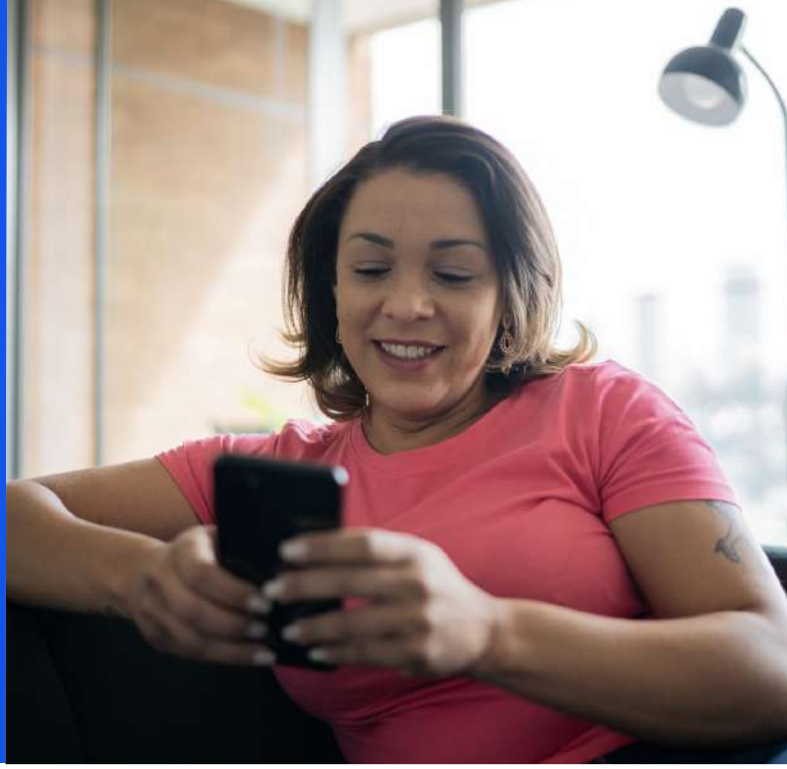
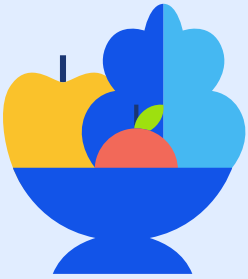
Digital health coaching



Roughly 98 million Americans (1 in 3) are living with prediabetes, but 81% aren't even aware they have it.[1] The good news is we're here to help. Anthem offers a Diabetes Prevention Program that can help determine if you're at risk for prediabetes and if needed, take steps to address it.

This program can help you:

- Lose weight
- Eat healthier
- Increase activity
- Reduce stress



Extra support for weight loss and lifestyle changes

Anthem's unique approach to weight loss and lifestyle changes not only helps lower the risk of type 2 diabetes, but also makes it possible for program participants to lose an average of 5.3% of their body weight within 12 months.[2]

If you qualify and enroll in this program, coaches can also help guide you to reach your weight loss goals and give you tips to make changes that count.

Anthem

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