

Wellpoint announces a new diabetes prevention program called Healthy Living, Healthy You

New, no-cost benefit for Wellpoint members starts March 1, 2023

Wellpoint is pleased to announce that eligible pre-diabetic members will have access to a new, no-cost benefit called Healthy Living, Healthy You.

Healthy Living, Healthy You is a unique diabetes prevention and lifestyle change program designed to provide information on topics such as:

- Eating healthy
- Adding physical activity into daily life
- Dealing with stress
- Coping with challenges that can derail progress
- Getting back on track

The program's goal is to lower or eliminate the risk of developing diabetes by incorporating behavior changes recommended by the CDC National Diabetes Prevention Program (National DPP) PreventT2 curriculum.

Each member who enrolls in Healthy Living, Healthy You will receive:

- Self-paced weekly, online classes.
- Online National DPP resources such as videos, articles, and recipes.
- Online community with access to a lifestyle coach.

We are informing you about this important new benefit because your patients look to you for guidance with their healthcare decisions. If you have a Wellpoint member with a BMI greater than or equal to 25, no previous diagnosis of type I or type II diabetes, has an elevated blood glucose level indicating prediabetes or history of gestational diabetes mellitus, and is currently not pregnant, refer members to the program by submitting information to HealthyLivingHealthyYou@elevancehealth.com.

Members can also find out more by going to wellpointhealthyliving.com or by calling: **833-707-0867, TTY 711**. Thank you for all you do to keep our members healthy.