

Achieving health goals with actionable solutions

UnitedHealthcare diabetes prevention program

Having the right support can make all the difference in achieving one's health goals. That's why UnitedHealthcare Community Plan of California and **Solera** are working together to offer a **Diabetes Prevention Program** at no cost to qualified members. Solera is a health care solutions company that specializes in providing cost-effective health programs using technology and disease prevention strategies. The Diabetes Prevention Program can help members make small changes to live healthier lives, lose weight and help lower their chances of developing type 2 diabetes.

More support for your patients

We know how hard you work to provide quality services for your patients, and we believe Solera can be a helpful resource that goes beyond your facility or practice. Solera offers digital and in-person tools and resources, such as:



Personalized programs



Weekly sessions



Small group support



Personal health coaches

How to refer members

Option 1: If you believe a UnitedHealthcare member could benefit from preventive services like this, you can refer them by completing the **Diabetes Prevention Program Referral Form**. Once completed, a Solera representative will contact the member about additional program details.

Option 2: You can also ask the member to take a 1-minute quiz [here](#) and review their results to see if they would benefit from this type of personalized support. Members can also call **888-305-6015** for more information or to take the quiz over the phone.

If you'd like additional updates on a member's progress within the program, please contact the Quality department, Health Education and Cultural Linguistics programs at uhchealthed@uhc.com.



Questions?

If you have questions, call Solera at **877-486-0141**, TTY 711, Monday–Friday, 6 a.m.–6 p.m. PT.