

Achieve your health goals – at no extra cost



Get started at:

www.GoSolera.com/GFS



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Health doesn't just happen from doctor's visits, medications and treatments. That's where Solera Health comes in. When you qualify and enroll, you'll get expert care, tools and support to help you achieve your health goals and it's 100% covered.

Whether you want to lose weight, reduce joint pain, or manage a chronic condition like diabetes, we have proven programs for you.

Ways we can help:

- ♦ Weight Management
- ♦ Physical Therapy
- ♦ Diabetes Management

How to get started:

- 1 Choose your health goals**
Answer a few questions to confirm these programs are right for you.
- 2 Match to a program**
Find a personalized program to help you meet your goals.
- 3 Become a healthier you**
With the help of your program, start making healthier choices and get the tools and support to stay on track.