SISC is pleased to announce a new benefit for qualified members.

It's a 16-week program, followed by monthly sessions, that can help you lose weight, adopt healthy habits and significantly reduce your risk of developing type 2 diabetes. And it's available at no cost to members who qualify.

Participants report greater energy, a more positive outlook and overall improved health.

The program includes the following elements:

- Access to a personal health coach
- Weekly sessions
- A small group for support
- Tools like a wireless scale or an activity tracker

Find out if you qualify by taking a 1-minute quiz at solera4me.com/sisc

Questions? Call 1-844-612-2949, M-F 9 am to 9 pm EST.

Solera4me is provided by Solera Health, an independent company.

*For participants who complete four weeks of activity meeting Diabetes Prevention Program guidelines. Applies to select Fitbit models; limited to one per person. Solera Health reserves the right to substitute an alternate tracker.