

A Guide to New Benefits at MPI



Announcing Weight Loss, Smoking Cessation and Diabetes Prevention Benefits



WEIGHT LOSS/NATURALLY SLIM

Are you looking for a program to help your MPI patients lose weight? MPI now offers Naturally Slim, a successful and clinically-proven online weight loss program designed to teach patients the behavioral skills necessary to lose weight and keep it off. This behavior modification program consists of 10 weekly video classes and interactive tools that can be watched on any digital device, followed by a full year of online support. There are no out-of-pocket costs. Patients must be 18 years old or older with a BMI over 19. While physician referral is not needed, your weight loss advice and recommendation will help motivate change. Simply advise your patients to log on at www.naturallyslim.com/mpi or call **(800) 225-7620** to learn the class schedule and to sign up.



NICOTINE DEPENDENCE/PICTURE QUITTING

Picture Quitting is MPI's highly successful program to help people 18 years old and over stop smoking, vaping and chewing tobacco-containing products. The Picture Quitting program is based on behavior modification principles, offering six weeks of counseling plus follow-up phone calls for up to one year. Counseling is available via telephone, Skype and in-person meetings are available (pending lifting of COVID-19 restrictions). The smoking cessation support medications varenicline (Chantix) and bupropion (Zyban) are also available by prescription through MPI's CVS pharmacy benefit. You can refer your patients to Picture Quitting by calling **(818) 640-3935**. Patients can self-refer as well.



DIABETES PREVENTION PROGRAM/SOLERA

The Center for Disease Control's (CDC) National Diabetes Prevention Program was created in 2010 to help organizations offer evidence-based, cost-effective interventions designed to delay or prevent the onset of type 2 diabetes in patients with pre-diabetes. MPI offers several Diabetes Prevention Programs through Anthem Blue Cross's partnership with Solera. To enroll your patients in a CDC-certified Diabetes Prevention Program, advise them to go online to www.solera4me.com/mpi or call **(877) 486-0141** to establish eligibility and sign up.

This piece is designed to provide information about MPI's preventative medicine benefits. If you would like to opt out of receiving this publication, please call (855) 275-4674 x2435.