

# Take the Path to a Healthier You

Don't Miss Out on This Benefit for SISC Employees



SISC is pleased to offer a wellness program for qualified employees.

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 employees who qualify!**

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



**GET A FREE FITBIT  
ACTIVITY TRACKER\***

**Participants select from online or in-person programs, which include the following:**



**Access to a personal health coach**



**Weekly sessions**



**A small group for support**



**Tools like a wireless scale or Fitbit® activity tracker\***

**TAKE A ONE-MINUTE QUIZ AT [SOLERA4ME.COM/SISC](https://solera4me.com/sisc)**

**Questions?** Call 844-612-2949, Monday through Friday 6 a.m. to 6 p.m. PST.