

# PROVIDER QUICK POINTS

## PROVIDER INFORMATION



March 8, 2023

### Access to Diabetes Prevention Programs

The Centers for Disease Control and Prevention estimated that 96 million – or more than 1 in 3 – adults 18 or older had prediabetes in the United States in 2019.

The National Diabetes Prevention Program (DPP) offers an evidence-based approach to treating prediabetes. Through the program, which is offered virtually or in person, participants are taught to take small steps that add up to lasting lifestyle changes to prevent or delay type 2 diabetes.

### What is the Diabetes Prevention Program?

DPP is a 12-month lifestyle change program. Participants attend sessions about once a week for the first 6 months and then once a month to maintain their motivation for change.

### Benefits of Diabetes Prevention Programs

Through DPP, participants learn to:

- increase physical activity,
- eat healthy,
- manage stress, and
- overcome challenges to change.

A trained lifestyle coach supports participants in setting weight management goals and developing a personal action plan to achieve individual goals. Participants are empowered by the support of a group of people with similar goals and challenges. Lifestyle intervention works. Research studies and evaluations have repeatedly shown that interventions such as the National DPP lifestyle change program improve health outcomes and are cost-effective or cost-saving. According to one [research study](#) published in the New England Journal of Medicine, the Diabetes Prevention Program Research Group found that lifestyle intervention reduced the incidence of type 2 diabetes by 58 percent in 2.8 years.

### Referring Patients to a DPP Provider

CDC-certified DPP providers follow a curriculum developed by the CDC and must adhere to quality standards set by the CDC. Providers can find a list of CDC-certified DPP providers in Minnesota by following this link:

<https://info.bluecrossmn.com/dpp>

Health care providers are encouraged to recommend their patients participate in a CDC-certified DPP program when they meet the criteria below. Discuss how DPP can complement the patient's care plan, decrease their risk of developing type 2 diabetes, and help them find a DPP program. Some DPP programs may request a referral form be completed from the health care provider.

QP10-23

Distribution: [bluecrossmn.com/providers/forms-and-publications](https://bluecrossmn.com/providers/forms-and-publications)

## Eligibility Criteria for DPP (Non-Medicare)

Must meet all five criteria:

1. Have not been diagnosed with type 1 or 2 diabetes,
2. Are not pregnant,
3. Are 18 years of age or older,
4. Have a body mass index (BMI) of 25 or higher (23 or higher if Asian American), and
5. Meet one of the following requirements.
  - A blood test result in the prediabetes range within the past year.
    - Hemoglobin A1C: 5.7–6.4%
    - Fasting plasma glucose: 100–125 mg/dL
    - Two-hour plasma glucose (after a 75 g glucose load): 140–199 mg/dL
  - OR been previously diagnosed with gestational diabetes.
  - OR received a high-risk result (score of 5 or higher) on the Prediabetes Risk Test.  
<https://doihaveprediabetes.org/take-the-risk-test/#/>

## Medicare DPP Eligibility Criteria

Must meet all five criteria:

1. Enrolled in Medicare Part B,
2. Have not been diagnosed with type 1 or 2 diabetes,
3. Have a body mass index (BMI) of 25 or higher (23 or higher if Asian American),
4. Do not have end-stage renal disease, and
5. A blood test result in the prediabetes range within the past year.
  - Hemoglobin A1C: 5.7–6.4%
  - Fasting plasma glucose: 100–125 mg/dL
  - Two-hour plasma glucose (after a 75 g glucose load): 140–199 mg/dL

## Provider Referrals Matter

According to the [National Diabetes Prevention Program Coverage Toolkit](#), “Many entities promoting the National DPP lifestyle change program have found that individuals are more likely to enroll in the program when referred by their health care provider... A national [survey](#) of 2,341 individuals that were eligible for the National DPP lifestyle change program based on self-reported data found that only 4.2% reported ever being referred to the program, and that 25% of the individuals who had never been referred were interested in the program.”

## How to become a CDC-recognized DPP Provider

If your organization is interested in joining the national effort to prevent type 2 diabetes, learn what it takes to offer CDC-recognized lifestyle change programs and what help you will receive along the way at [Lifestyle Change Program Providers \(cdc.gov\)](#)

## Products Impacted

- Blue Advantage Prepaid Medical Assistance Program (PMAP)
- MinnesotaCare
- Minnesota Senior Care Plus (MSC+)
- SecureBlue (MSHO)
- Medicare Products
- Commercial Products

## Questions?

If you have questions for a member enrolled in a Minnesota Health Care Programs (MHCP) plan, please contact provider services at **1-866-518-8448**. For all other questions, contact provider services at **(651) 662-5200** or **1-800-262-0820**.