

# PROVIDER QUICK POINTS

## PROVIDER INFORMATION



November 8, 2023

### **No-Cost Diabetes Prevention Program Available for most Blue Cross Members Beginning in 2024**

The latest data from the Centers for Disease Control and Prevention estimates that 96 million adults, or more than one in three people aged 18 or older, has prediabetes in the United States.

#### **What is the Diabetes Prevention Program?**

The national Diabetes Prevention Program (DPP) is a 12-month, evidence-based lifestyle change program for treating prediabetes. Participants attend sessions—virtually or in-person—where they are taught to take small steps that create lasting lifestyle changes to prevent or delay type 2 diabetes roughly once per week for six months, and then once per month to maintain their motivation for 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. 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. One [research study](#) published in the New England Journal of Medicine found that lifestyle intervention reduced the incidence of type 2 diabetes by 58 percent in 2.8 years. Benefits of the program include increased physical activity, healthier eating, stress management and overcoming challenges to change.

#### **How would members know if they are at risk for prediabetes and would benefit from DPP?**

Ideally, members are screened for prediabetes with their provider and have a conversation about their risk. Members can also complete an online [Prediabetes Risk Test](#) on their own. If they receive a score of 5 or higher, they are deemed as high risk and may benefit from DPP.

#### **How do members find out if the benefit is available to them with no cost share?**

Today, all Blue Cross members have a benefit for DPP, however commercial members have a cost share. Beginning in January 2024, members can contact customer service to confirm when the no cost benefit will start for them. While many members will have this benefit starting on January 1, 2024, it goes into effect upon their renewal in 2024 and some large employers may not offer the no cost benefit. Blue Cross plans with no-cost DPP will include:

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

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### Eligibility criteria: 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/#/>

### Eligibility criteria: Medicare

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

### How can providers support DPP?

#### 1. By referring members to a DPP provider

A list of CDC-certified DPP providers in Minnesota can be found at

<https://www.cdc.gov/diabetes/prevention/find-a-program.html>.

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.”

November is National Diabetes Month, a timely segue to discuss how DPP can complement a patient’s care plan, decrease their risk of developing type 2 diabetes, and assist in finding a DPP program. Some DPP programs may request a referral form be completed by the health care provider.

#### 2. By becoming 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 \(cdc.gov\)](#)

### 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**.