

## Diabetes Prevention Program

Medi-Cal Managed Care (Medi-Cal) members at risk for type 2 diabetes will now have access to the Centers for Disease Control and Prevention (CDC) Diabetes Prevention Program (DPP). DPP has been proven by the National Institute of Health (NIH) in a randomized controlled trial to greatly reduce the progression of prediabetes to type 2 diabetes. Services are delivered by trained lifestyle coaches and organizations recognized by the CDC.

The DPP is a year-long program that consists of weekly sessions with a lifestyle coach for the first six months and monthly maintenance sessions for the latter six months. Sessions can be held in a group classroom setting or online. Participants will learn realistic lifestyle changes emphasizing weight loss through exercise, healthy-eating, and behavior modification.

Members can determine their eligibility for DPP and enroll through our program administrator, Solera Health,\* by visiting [www.solera4me.com/AnthemBC\\_MediCal](http://www.solera4me.com/AnthemBC_MediCal) to take the online assessment or by calling **844-612-2949 (TTY 711)**, Monday through Friday from 6 a.m. to 6 p.m. PT.

### Criteria for eligibility include:

- At least 18 years of age
- BMI of 25 or greater
  - If member is of Asian descent, a BMI of 23 or greater is required.
- Blood screening (optional, if available):
  - Hemoglobin A1C: 5.7% to 6.4%
    - Fasting plasma glucose: 100 to 125 mg/dL
    - Oral Glucose Tolerance Test: 140 to 199 mg/dL
- **Exclusions** include no previous diagnosis of end-stage renal disease or type 1 or type 2 diabetes; not pregnant (*previous gestational diabetes is not an exclusion*)

### How to become a DPP provider with the Department of Health Care Services (DHCS):

Enrolled Medi-Cal providers should have one of the following provider types and will need to submit the Medi-Cal *Supplemental Change Form* (DHCS 6209) to DHCS through the [PAVE Portal](#) for approval:

- |                          |                                     |
|--------------------------|-------------------------------------|
| • Home health agency     | • Rural health clinic               |
| • Physician group        | • Community hospital (outpatient)   |
| • Physician              | • County hospital (outpatient)      |
| • Indian Health Services | • Federally Qualified Health Center |

In addition, providers must submit their valid, current *CDC Pending or Preliminary Recognition* letter or certificate of *Full CDC Recognition* and a typed roster of all peer coaches, which includes each coach's full name, NPI number, birth date, and Social Security number.<sup>2</sup>

\* Solera Health is an independent company providing Diabetes Prevention Program on behalf of Anthem Blue Cross.

To get started, refer qualified patients today to [www.solera4me.com/AnthemBC\\_MediCal!](http://www.solera4me.com/AnthemBC_MediCal!)

References:

<https://www.cdc.gov/diabetes/prevention/prediabetes-type2/preventing.html>.

<https://www.dhcs.ca.gov/services/medi-cal/Documents/DPP-Requirements-For-Enrollment.pdf>



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To start receiving email from us (including some sent in lieu of fax or mail), submit your information using the QR code to the right or via our online form (<https://bit.ly/3lLgko8>).