



## Diabetes Prevention Program

The CDC National Diabetes Prevention Program (DPP) is now a covered benefit for MedStar Family Choice members. Both the American Medical Association (AMA) and CDC acknowledge the rising prevalence rate of type 2 diabetes and how it is a significant healthcare concern on a national scale.

Closer to home, the Diabetes Prevention Program was also included in the recently published Maryland State Diabetes Action Plan. We encourage you to review the Maryland Diabetes Action Plan, so you know how to become involved in this very important public health initiative.

MedStar Family Choice members who participate in this year-long, lifestyle change program could reduce their risk of developing type 2 diabetes. Eligible MedStar Family Choice members can participate in a DPP curriculum outlined and approved by the CDC in one of three ways:

1) online; 2) distance learning (via phone or video conference); or 3) in-person.

To be eligible for the DPP, patients must:

- Be ages 18 to 64 at the start of the year-long program;
- Be overweight or obese with a Body Mass Index (BMI) of 25 or more (23 or more if of Asian descent);
- History of gestational diabetes or diagnosed with prediabetes; and
- Have had one of the following blood tests in the last 12 months with results in the range below:
  - a. Fasting glucose of 100 to 125 mg/dL;
  - b. Plasma glucose measured 2 hours after a 75 gm glucose load of 140 to 199 mg/dL; or
  - c. Hemoglobin A1C level of 5.7% to 6.4%

You can recommend a patient to join a DPP program by completing the recommendation form and faxing it to the DPP provider of your choice like a referral. To see the list of DPP providers, please visit [MedStarFamilyChoice.com/DPPproviders](http://MedStarFamilyChoice.com/DPPproviders).

MedStar Family Choice members may also self-refer to a DPP program, but we hope you will help identify patients in your practice who qualify for the program. A recommendation from you would be strong encouragement for your patient to participate.

Let's take an active approach in partnering with our available resources to help serve our patients. If you have any questions, please contact Provider Relations at [mfc-providerrelations2@medstar.net](mailto:mfc-providerrelations2@medstar.net) or **800-905-1722**.



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