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Solera Health Medicare Diabetes Prevention Program

Frequently asked questions

For Medicare Plus BlueSM and BCN AdvantageSM

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This document contains answers to frequently asked questions about the Medicare Diabetes Prevention Program, provided by Solera Health.

What is Solera Health?

Solera Health is an independent company that Blue Cross Blue Shield of Michigan and Blue Care Network have contracted with to help administer the Medicare Diabetes Prevention Program, or MDPP.

Solera helps identify qualified members and enroll them in an MDPP in their area.

How effective is the MDPP in reducing the risk of Type 2 diabetes?

In a 2002 randomized controlled trial of more than 3,000 adults, the National Institutes of Health demonstrated that participants in the National Diabetes Prevention Program, or NDPP, reduced their risk of developing Type 2 diabetes by 58%, a significant improvement over metformin.

Numerous translation studies have shown similar results in all age groups, but the program was most effective in those over age 65.

Note: The NDPP is an evidence-based lifestyle program that aims to prevent or delay the progression of prediabetes to Type 2 diabetes by helping participants lose weight and adopt healthy habits.

What is the MDPP?

The MDPP is a national program for Medicare beneficiaries who meet program eligibility requirements. (See the “Who is eligible for the MDPP?” section later in this document for more information about eligibility requirements.)

It uses the same curriculum as the National Diabetes Prevention Program, but the eligibility requirements for Medicare coverage require qualifying blood values before enrollment. In addition, the MDPP must be delivered in person.

Note: During the COVID-19 public health emergency, Medicare is allowing the MDPP to be delivered virtually.

The MDPP program is a once-in-a-lifetime service delivered for a period of one year for members who meet sustained engagement and weight loss targets.

What's included in the MDPP?

Core services that are provided with the MDPP include:

- 16 weekly lessons over six months, followed by monthly sessions during months seven through 12
- Lifestyle health coach to help set goals and keep participants on track
- Small, in-person group for support and encouragement

Who is eligible for the MDPP?

The MDPP is a covered preventive service for eligible Medicare Plus BlueSM, Blue Cross[®] Medicare Private Fee for Service and BCN AdvantageSM members.

Members must complete a blood screening test within 12 months prior to enrollment and meet the requirements below to qualify. If your patient needs a blood screening test, please refer them to an in-network lab.

MDPP criteria for eligibility are:

- Enrollment in Medicare Part B
- Blood value — must meet one of the following criteria:
 - Fasting plasma glucose of 110-125 mg/dL
 - A1C value of 5.7-6.4
 - Oral glucose tolerance test between 140-199 mg/dL
- Body mass index, or BMI, greater than 25 (if Asian, greater than 23)
- No diagnosis of end stage renal disease, Type 1 diabetes or Type 2 diabetes

Note: Previous gestational diabetes isn't an exclusion to participate in the MDPP.

How do members enroll?

Eligible members enroll in the MDPP through our program administrator, Solera Health.

Patients can enroll by:

- Going to the [Medicare Diabetes Prevention Program](#) page on **bcbsm.com**.
- Calling Solera at 1-866-653-3837 from 9 a.m. to 9 p.m. Eastern time Monday through Friday. (TTY users should call 711.)

As a health care provider, you may refer eligible patients to this program.

Is there a cost to members for the MDPP?

The MDPP is a covered preventive service with no cost sharing. Although the member may receive an explanation of benefits statement from Blue Cross or BCN for this service, they don't pay anything for the program. There is no copay, no coinsurance and no deductible for this program.

However, if a member who is interested in this program requires an office visit to obtain the fasting plasma glucose and oral glucose tolerance tests and body mass index measurement, they may need to pay the office visit copays and deductibles associated with that visit.

Questions about the MDPP?

If you have questions, call Solera Health at 1-866-653-3837 from 9 a.m. to 9 p.m. Eastern time Monday through Friday. (TTY users should call 711.)

Solera is an independent company that helps administer the Medicare Diabetes Prevention Program for Blue Cross Blue Shield of Michigan and Blue Care Network members who have Medicare Advantage plans.