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# Medicare Diabetes Prevention Program

According to the Centers for Disease Control and Prevention, 84 million Americans are at risk of developing Type 2 diabetes. The risk dramatically decreases by losing 5 to 7 percent of body weight.

The Medicare Diabetes Prevention Program is a Type 2 diabetes prevention benefit for qualified Blue Cross Medicare Plus Blue<sup>SM</sup> PPO, Blue Cross<sup>®</sup> Medicare Private Fee for Service and BCN Advantage<sup>SM</sup> HMO and HMO-POS members. This is a structured, 12-month program covered under your plan at no additional cost to you.

The program focuses on lifestyle changes to help you adopt healthy habits, lose weight and reduce your risk of developing Type 2 diabetes. Participants who follow the plan have reported a loss of 5 to 7 percent of their weight, an increase in energy and better sleep patterns. Best of all, the risk of developing Type 2 diabetes can be decreased by as much as 58 percent, and up to 70 percent for those over age 60\*.

\*Solera <http://soleranetwork.com/>

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*Medicare Plus Blue, Blue Cross Medicare Private Fee for Service, BCN Advantage are PPO, PFFS, HMO-POS and HMO plans with Medicare contracts. Enrollment in Medicare Plus Blue, Blue Cross Medicare Private Fee for Service and BCN Advantage depends on contract renewal. Solera4me.com is owned and operated by Solera Health in partnership with major health plans and a national network of CDC recognized Diabetes Prevention Program Services.*



## What is the Medicare Diabetes Prevention Program?

The Medicare Diabetes Prevention Program is a 12-month service. It's covered to those who qualify under Medicare Part B. It's available once in a member's lifetime. There are two parts to the program:

- Sixteen intensive sessions over 6 months
- Six monthly sessions of maintenance

### The first sixteen sessions

A certified life coach will guide you through small group meetings. These meetings focus on changing your diet, increasing physical activity and learning ways to control your weight.

### Six-month maintenance period

When you complete the first series, your program moves into the maintenance period. You'll meet once a month for follow-up support sessions. Your coach will evaluate your progress, working to meet and maintain your five percent weight loss.

### Additional maintenance

When you meet and maintain a five percent weight-loss, you've reached the primary goal of the program.

As long as you meet the attendance requirement, you'll qualify for an additional year of maintenance services.



## Do I qualify?

Take the online quiz at <https://www.solera4me.com/>.

You must meet these requirements:

- Be enrolled in Medicare Part B
- Have blood value results of:
  - Fasting plasma glucose of 110-125 mg/dL or
  - A1C of 5.7-6.4 or
  - Oral glucose tolerance test between 140-199 mg/dL
- Have a body mass index, or BMI, greater than 25, or 23, if Asian
- Haven't been diagnosed with Type 1 or Type 2 diabetes (previous gestational diabetes is acceptable)
- Don't have end stage renal disease

You may need current laboratory tests if you haven't completed the required blood screening within 12 months prior to enrollment. If laboratory tests are completed at your doctor's office, you may be responsible for an office visit copay.

There are several tests to check your blood glucose levels. The test will be covered at no additional cost to you, provided your doctor bills the labs with one of the following procedure codes:

- \*82947
- \*82950
- \*82951

Your doctor will know which test is right for you based on your medical history. A JVHL lab must be used for all lab work unless your group plan allows the use of other labs.

**\*CPT codes, descriptions and two-digit modifiers only are copyright 2017 American Medical Association. All rights reserved.**





## How do I sign up?

Once you qualify, you can enroll with Solera at [www.bcbsm.com/prevent-diabetes](http://www.bcbsm.com/prevent-diabetes) or call **1-866-653-3837** Monday through Friday 9 a.m. to 9 p.m. Eastern time. TTY users call **711**.

A Solera agent will help you choose a location for ongoing services. After selecting the location for your 16 sessions, you may only transfer locations one time.

If you have scheduling conflicts, don't give up. You may have the opportunity to make up missed sessions. Speak with your coach about schedule needs.

## Resources

For questions about the Medicare Diabetes Prevention Program, call Solera Health at **1-866-653-3837** Monday through Friday, 9 a.m. to 9 p.m. Eastern time. TTY users call **711**.

For claims or benefit questions, call the Customer Service number on the back of your Blue Cross member ID card.



Nonprofit corporations and independent licensees  
of the Blue Cross and Blue Shield Association



Solera Health is an independent company retained by Blue Cross Blue Shield of Michigan and Blue Care Network to help reduce the risk of developing Type 2 diabetes in qualified members.