

Solera Health - Medicare Diabetes Prevention Program Frequently Asked Questions April 1, 2018

Who is Solera Health?

Solera Health is a vendor that Blue Cross and Blue Care Network has partnered with to help administer the Medicare Diabetes Prevention Program. Solera will help identify qualified members and enroll them in a MDPP program in their area.

What is the National Diabetes Prevention Program?

The National Diabetes Prevention Program, or Diabetes Prevention Program, is an evidence-based lifestyle program that prevents or delays the progression of prediabetes to Type 2 diabetes by helping participants lose weight and adopt healthy habits.

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

The National Institutes of Health demonstrated in a 2002 randomized controlled trial of more than 3,000 adults that those in the DPP reduced their risk of developing Type 2 diabetes by 58 percent, a significant improvement over Metformin. Numerous translation studies have shown similar results in all age groups; however, the DPP was most effective in those over age 65.

What is the Medicare DPP?

The Medicare DPP is a national program for Medicare beneficiaries who meet the program eligibility requirements. It uses the same curriculum as the National DPP, but the eligibility requirements for Medicare coverage require qualifying blood values before enrollment, and must be delivered in person. (The national program is available virtually and in person.) The Medicare DPP program is a once-in-a-lifetime service delivered for a period of two years for members who meet sustained engagement and weight loss targets.

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

What's included in the program?

Core services: sixteen weekly lessons over six months, followed by monthly sessions during months seven through twelve

- Ongoing maintenance: second year of maintenance sessions for those who meet the 5 percent weight-loss goal and attend a minimum of two sessions per three-month period
- 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 program?

Medicare DPP is a covered preventive service for eligible Blue Cross Medicare Plus BlueSM, Medicare PFFS 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 him or her to an in-network lab.

Medicare DPP criteria for eligibility are:

- Enrollment in Medicare Part B
- Blood value:
 - Fasting plasma glucose of 110-125 mg/dl, **or**
 - A1C value between 5.7-6.4, **or**
 - Oral glucose tolerance test between 140 – 199 mg/dl
- BMI greater than 25 (or if Asian, greater than 23)
- No diagnosis of end stage renal disease, Type 1 or Type 2 diabetes (previous gestational diabetes isn't an exclusion to participate)

How do members enroll?

Eligible members enroll in the Medicare DPP through our program administrator, Solera Health, by visiting bcbsm.com/prevent-diabetes or by calling 1-866-653-3837. TTY users please call 711. Monday through Friday from 9 a.m. to 9 p.m. Eastern time. As a health care provider, you may refer eligible patients to this program. Or, patients can enroll at bcbsm.com/prevent-diabetes or by calling Solera directly.

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

Is there a cost to members?

Medicare DPP is a covered preventive service with no cost-sharing. There is no cost to members – no copay, no coinsurance and no deductible. The member may receive an explanation of benefits statement from Blue Cross Medicare Plus Blue, Medicare PFFS and BCN Advantage for this service. No action is necessary.

If a member interested in this program requires an office visit to obtain the fasting plasma glucose and oral glucose tolerance tests and body mass index measurement, he or she may need to pay the office visit plus copays and deductibles.

Questions about the Medicare DPP?

Call Solera Health at 1-866-653-3837. TTY users please call 711. Monday through Friday from 9 a.m. to 9 p.m. Eastern time.