Reducing Diabetes Risk

Blue Cross Medicare Plus BlueSM, Medicare PFFS and BCN AdvantageSM members

Introducing the Medicare Diabetes Prevention Program

Solera Health is an independent company that Blue Cross has contracted to assist with Medicare DPP administration.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.
Why focus on diabetes prevention?

- Nearly 1 in 2 seniors is at risk for diabetes.
- More than 86 million Americans today have prediabetes, and most don’t know it.
- 15-30% of those at high risk will develop Type 2 diabetes within five years.
Who’s at risk?

- What factors contribute to higher risk prediabetes?

  - Weight: body mass index over 25
  - Age: over 40 years old
  - Family history: parent or sibling with diabetes
  - Ethnicity: Hispanic or African American
  - Activity level: more sedentary lifestyle
  - Blood screening: FPG: 110-125mg/dL, or A1c: 5.7-6.4, or OGTT: 140-199 mg/dL
There’s good news for those at risk

- In 2001, the National Institutes of Health and the Centers for Disease Control and Prevention proved that losing a modest amount of weight significantly reduced a person’s risk for developing diabetes.

- Losing just 5 to 7 percent of body weight through dietary changes and increased physical active resulted in a 58 percent risk reduction (70 percent reduction for people over 60).
Introducing a new service

• What is the Medicare Diabetes Prevention Program?

   a. The MDPP is a lifestyle change program designed to help participants lose weight, adopt healthy habits and reduce the risk of Type 2 diabetes.

   b. The program focuses on healthier eating, increased physical activity and managing challenges associated with lifestyle change.

   c. The program is considered a preventive service and is available at no cost to Medicare members who are eligible.
There are a number of organizations that offer the Medicare Diabetes Prevention Program.

Current MDPP providers include:
- Local health systems
- Physician organizations
- Local physicians
- YMCA locations
- Health departments
- National Kidney Foundation of Michigan.

You’ll find a list of MDPP providers with full or partial recognition at: https://innovation.cms.gov/Files/x/mdpp-intprelim-orgs.pdf

Solera will help connect participants to an MDPP in their area.

One-on-one interactions with a personal health coach

Sixteen weekly lessons over six months plus monthly sessions for the balance of a year.

Those who meet program targets are eligible for another year.

Small, in-person group for support
Eligibility

1. Enrolled in Medicare Part B
2. Qualifying blood screen
   a) Fasting plasma glucose: 110-125mg/dl, or
   b) A1C: 5.7-6.4, or
   c) Oral glucose tolerance test: 140-199mg/dl
3. Body mass index (BMI) >25 (>23 if Asian)
4. Exclusions: no diagnosis of end stage renal disease, Type 1 or Type 2 diabetes (previous gestational diabetes isn’t an exclusion to participate)
Member enrollment

• Patients can find out if they pre-qualify for the Medicare Diabetes Prevention Program by taking a one-minute quiz.
Changing lives

- Participants are losing weight and feeling better
  
  - I have had setbacks, like the evening I went to a dinner party, overindulged and blew my points for the week. But every week is a new week and I got right back on the program. At 23 weeks, I am down 30 pounds.

  - I feel better, look better and my clothes are loose on me. My wife is sleeping better because I don’t snore as much, and my doctor is happy, as my blood sugar numbers keep dropping. It’s been a win-win for everyone!

- Ken E., 69, Tampa, Florida
Patients can visit bcbsm.com/prevent-diabetes or call Solera at 1-866-653-3837 for more details.