



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.

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).

- 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.

Program elements

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.

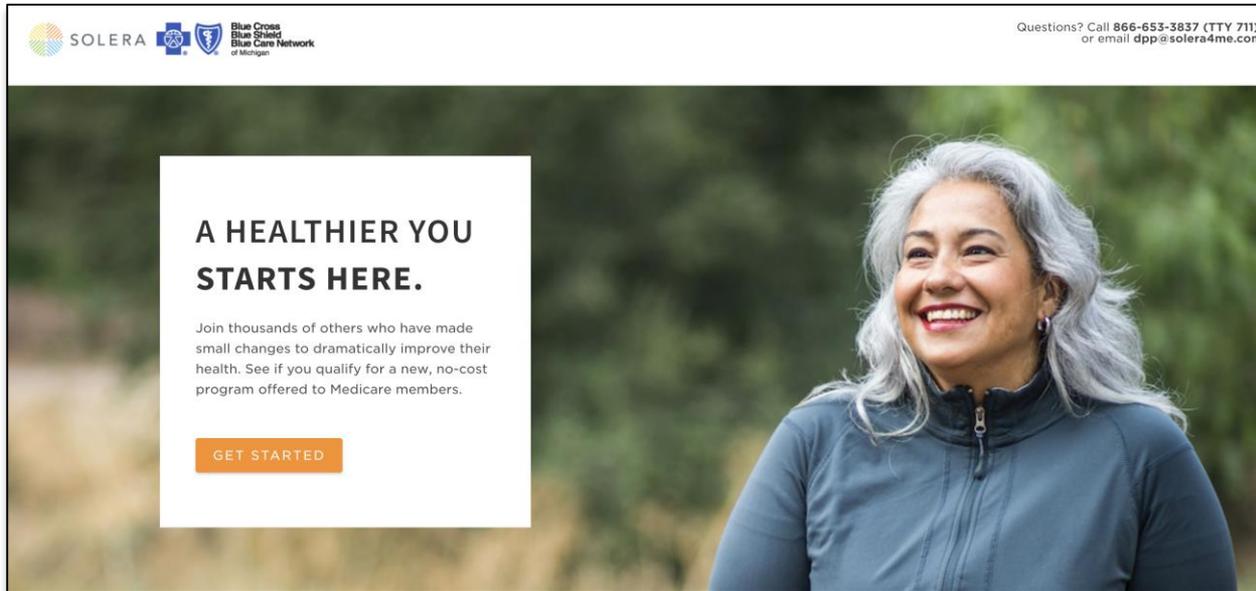
Those who meet program targets are eligible for another year.



Small, in-person group for support

- Medicare members must meet the following criteria to be eligible:
 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)

- Patients can find out if they pre-qualify for the Medicare Diabetes Prevention Program by taking a one-minute quiz.
 - Get started at: bcbsm.com/prevent-diabetes.



  Blue Cross
Blue Shield
Blue Care Network
of Michigan

Questions? Call 866-653-3837 (TTY 711)
or email dpp@solera4me.com

A HEALTHIER YOU STARTS HERE.

Join thousands of others who have made small changes to dramatically improve their health. See if you qualify for a new, no-cost program offered to Medicare members.

[GET STARTED](#)

- 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.