



## Diabetes Prevention Program

The Centers for Disease Control and Prevention (CDC) estimates that up to 50 percent of seniors are at risk for developing type 2 diabetes.<sup>1</sup> Effective April 1, 2018, Health Net Community Solutions, Inc. (Health Net) partnered with Solera Health to administer the Medicare Diabetes Prevention Program (MDPP), a preventive service for Medicare patients at risk for type 2 diabetes.

### CRITERIA FOR ELIGIBILITY

Members eligible to participate in the MDPP must:

- Be enrolled in Medicare Part B.
- Have one of the following blood values:
  - A1C value between 5.7 and 6.4, or
  - Fasting plasma glucose of 110-125mg/dL, or
  - Oral glucose tolerance test between 140-199 mg/dL
- Have a body mass index (BMI) greater than 25 (or if Asian, greater than 23).
- Not have a diagnosis of end-stage renal disease (ESRD), or type 1 or type 2 diabetes (previous gestational diabetes is not considered an exclusion to participation).

### BENEFITS

The MDPP program, based on a National Institutes of Health (NIH) randomized controlled trial, has been found to greatly reduce the progression of prediabetes into type 2 diabetes incidence up to 70 percent.<sup>2</sup>

#### WHAT TO EXPECT OUT OF THE PROGRAM



Solera Health will administer the MDPP benefit and match eligible patients to the MDPP provider that best meets their needs and preferences. These services are delivered by trained lifestyle coaches in community settings by organizations recognized by the CDC.

### REFERRALS

Members can call 1-877-790-4520 (TTY 711), Monday through Friday from 9:00 a.m. to 9:00 p.m. Eastern time to see if they qualify for this new service.

<sup>1</sup>[www.cdc.gov/diabetes/prevention/prediabetes-type2/preventing.html](http://www.cdc.gov/diabetes/prevention/prediabetes-type2/preventing.html)

<sup>2</sup>[www.cdc.gov/diabetes/prevention/index.html](http://www.cdc.gov/diabetes/prevention/index.html)

THIS UPDATE APPLIES TO  
**CAL MEDICONECT**  
 PROVIDERS:

- Physicians
- Participating Physician Groups
- Hospitals
- Ancillary Providers

#### PROVIDER SERVICES

provider\_services@healthnet.com  
 Los Angeles County – 1-855-464-3571  
 San Diego County – 1-855-464-3572  
[www.healthnet.com](http://www.healthnet.com)

#### PROVIDER COMMUNICATIONS

provider.communications@healthnet.com  
 fax 1-800-937-6086