

# Provider Resource Guide: Diabetes Prevention Program



## Diabetes Prevention Program (DPP)

Type 2 diabetes can usually be delayed or prevented with health behavior changes. A 5 to 7 percent of weight loss can lead to diabetes prevention.

DPP classes help at-risk patients make healthier lifestyle choices and may prevent diabetes from developing through weight loss, a healthier diet, stress reduction and increased physical activity. The year-long program, held locally and facilitated by a trained coach, teaches members how to modify their lifestyle habits through problem-solving and coping techniques.

## Class Details

There are 16 one-hour core sessions followed by six monthly sessions delivered over the course of a year. Throughout the classes, participants will learn lifestyle changes and how to increase physical activity, eat healthier and achieve weight loss.

The Medicare DPP (MDPP) model can have additional maintenance sessions for participants who meet weight loss and attendance goals.

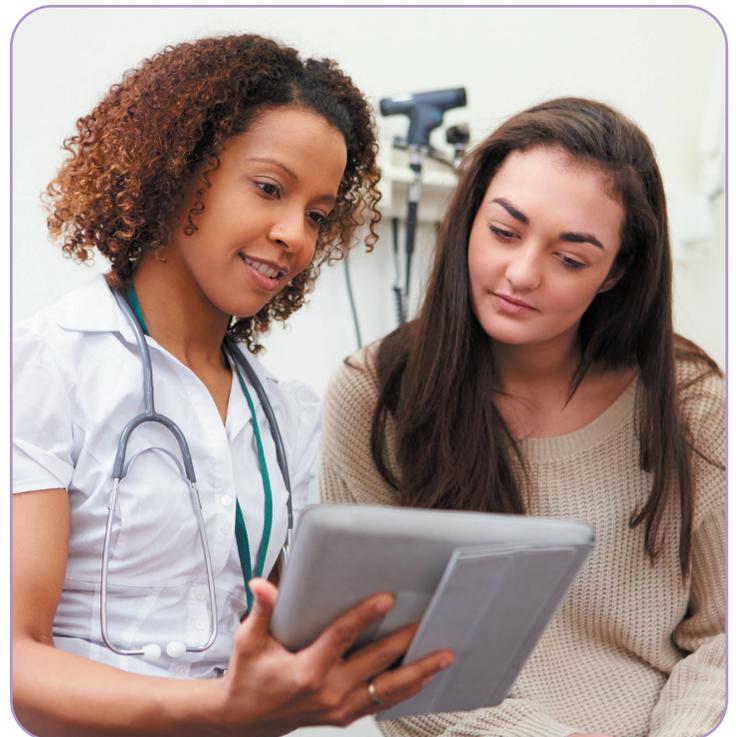
## Eligibility

### Medicaid (DPP):

<https://www.cdc.gov/diabetes/prevention/program-eligibility.html>

### Medicare (MDPP):

<https://innovation.cms.gov/innovation-models/medicare-diabetes-prevention-program>



## HPP's Cooking and Fitness Classes

HPP's Wellness Partners team hosts cooking classes that teach participants how to prepare healthy recipes. These cooking classes teach the importance of eating healthy foods and offers tips on how to eat healthier at home.

In addition, Wellness Partners hosts fitness and wellness classes, including dancing, yoga, tai chi and more.

All Wellness Partners events are free and open to Health Partners Plans members and the public. Learn more at [HPPlans.com/wellnesspartners](https://www.hppplans.com/wellnesspartners).

## Current Classes

HPP contracts with Temple Health for DPP classes. All classes are virtual; in-person classes may resume in 2022.

### Temple Health

Various locations

Phone: 215-707-7247

### YMCA of Delaware

The YMCA of Delaware is hosting virtual classes for Medicare enrollees.

Call 302-572-9622 or visit [www.ymcade.org/preventdiabetes](https://www.ymcade.org/preventdiabetes) for more information.

HPP continues to add new DPP and MDPP providers; visit [HPPlans.com/DPP](https://www.hppplans.com/DPP) for an up-to-date list of providers, full class schedules and location details.

## Resources

Visit [HPPlans.com/DPP](https://www.hppplans.com/DPP) for a list of DPP providers contracted with HPP. The website contains class schedules and is updated regularly. You will also find fact sheets, program flyers and other online resources.

## Questions?

If you have any questions about DPP, contact your NAM (Network Account Manager) or the Provider Services Helpline at **1-888-991-9023** (Monday to Friday, 9 a.m. to 5:30 p.m.).