

Diabetes Prevention Program frequently asked questions



Q. What is the Diabetes Prevention Program?

A. The Diabetes Prevention Program (DPP) is designed to help people at risk make realistic lifestyle changes by losing weight, becoming more physically active and managing stress. Losing just 5% to 7% of body weight can significantly reduce a person's risk of diabetes, according to the National Institute of Health and the Centers for Disease Control and Prevention (CDC).

Q. Is prediabetes a problem?

A. Prediabetes is one of the most prevalent pre-morbid conditions. An estimated 86 million American adults – about 33% of patients in an average primary care practice – have this early disease process. Progression to type 2 diabetes can be as rapid as five years.

Q. Does the program follow federal guidelines?

A. Yes, the program complies with federal guidelines and is recognized by the CDC. The CDC established the National Diabetes Prevention Program to reduce the public health impact of type 2 diabetes. As part of the initiative, it developed a registry of recognized programs that meet its standards for the delivery of the DPP.

Q. How do members sign up?

A. Members can find out if they qualify for the DPP by taking a one-minute quiz at www.solera4me.com/shield. They can also access the quiz by logging on to mywellvolution.com.

Q. How is the program offered?

A. Several different CDC-compliant programs are offered within the DPP. These include in-person, online and app-based options. The member needs to first complete the one-minute quiz at the Solera Health website to see if they qualify. Qualifying members can choose a program or have the system recommend one for them.

Q. How long is the program?

A. The individual programs offered within the DPP last for an initial 16 weeks, with a follow-up period of support of up to eight months. The initial period is designed to help participants adopt healthier lifestyle habits and lose a modest amount of weight. The program then focuses on helping to reinforce the new lifestyle habits that have been adopted. Eligible members are able to re-enroll the following year.

Q. Who is eligible?

A. All Blue Shield members 18 and older who are at risk for diabetes are covered, with the exception of Medicare, Medi-Cal and Federal Employee Program® PPO plans. The program is available as a covered benefit at no additional cost.

Q. What groups are eligible?

A. New and renewing groups with a October 31, 2016 effective date or later. Groups that renew after October 31, 2016 have a rolling eligibility. Administrative services only groups have the choice to opt out of the benefit, but they are automatically opted in. Since this is a federal mandate, the group will be responsible for providing the benefit to their employees if they choose to opt out.

Q. What are the requirements to qualify for the program?

A. The member is at least 18 years old, the member is overweight (BMI greater than or equal to 25; greater than or equal to 22 if Asian), member has completed the CDC's Prediabetes Screening Test or has had a blood test result in the prediabetes range within the past year as evidenced by any of the following: Hemoglobin A1C 5.7-6.4%, fasting plasma glucose: 100-125 mg/dL, two-hour plasma glucose (after a 75 gram (gm) glucose load): 140-199 mg/dL, member was previously diagnosed with gestational diabetes. If female, the member is not pregnant.

Q. Do members have to use Solera, or can they use a different Diabetes Prevention Program?

A. The benefit is only available if the member signs up through Solera.

Q. Can members sign up more than once a plan year?

A. No. Members are only eligible to enroll once per plan year.

Q. Does the member have to complete the program within the group plan year?

A. No. It is a 12-month program, and as long as the group remains with Blue Shield on renewal and the member is active, the program can be finished in the following plan year to fulfill the 12 months.

Q. What if the Blue Shield member lives out of state? Are they still eligible for the program?

A. If a member is out of state, they are still eligible for the program. They can sign up by taking the one-minute quiz at www.solera4me.com/shield. Qualifying members will have the chance to select from digital programs and, depending on the location, in-person options, too.

Q. Are there CPT codes?

A. CPT code 0403T will be used for the DPP.