

New Preventive Service for Medicare Members at Risk for Type 2 Diabetes

The Medicare Diabetes Prevention Program (MDPP) has been proven by a National Institutes of Health (NIH) trial to greatly reduce the progression of prediabetes to Type 2 diabetes¹. Effective immediately, your at-risk senior patients who have a Blue Cross and Blue Shield of Texas (BCBSTX) Medicare health plan and meet the eligibility criteria outlined below can participate in this program at no cost to them.

MDPP eligibility criteria:

- Blood value:
 - Fasting plasma glucose of 110 to 125 mg/dL, or
 - A1C value between 5.7 to 6.4, or
 - Oral glucose tolerance test between 140 to 199 mg/dL
- BMI greater than 25 (or if Asian, greater than 23)
- No diagnosis of end-stage renal disease, Type 1 or Type 2 diabetes; previous gestational diabetes is not an exclusion to participation.

BCBSTX has partnered with Solera Health Inc. (Solera) to facilitate MDPP services for our members. Solera will work closely with members to enroll them in programs in their area.

This program is meant to help participants change their lifestyle, establish healthy habits and lose five to nine percent of their body weight. This modest weight loss dramatically decreases the risk of developing Type 2 diabetes.

The two-year program is focused on encouraging healthier food choices and increased activity. The first year includes weekly lessons in a small group setting for six months, followed by monthly lessons for six months. The second year provides ongoing support for participants who, during the first year, meet the five percent weight-loss goal and attend a minimum of two sessions every three months. Throughout the two years, participants have access to a one-on-one lifestyle health coach to help set goals and stay on track.

Your patients who may be eligible received letters from BCBSTX informing them of Solera's services. If you or your patients need additional information, please refer to the below Provider FAQ Sheet. Patients can verify their eligibility and enroll in the program by going to solera4me.com/bcbstx or by calling 1-866-671-8597 (TTY 771), Monday through Friday from 8 a.m. to 8 p.m. CST.

SOLERA HEALTH | MEDICARE DIABETES PREVENTION PROGRAM PROVIDER FAQ

What is the Diabetes Prevention Program (DPP), also known as the National Diabetes Program (NDPP)?

The National Diabetes Prevention Program is an evidence-based lifestyle program that prevents or delays the progression of prediabetes to type 2 diabetes by helping participants lose weight and adopt healthy habits.

How effective is the DPP in reducing the risk of type 2 diabetes?

The National Institutes of Health (NIH) demonstrated in a 2002 randomized controlled trial of over 3,000 adults that the Diabetes Prevention Program reduced the risk of developing type 2 diabetes by 58%, a significant improvement over Metformin. Numerous translation studies have shown similar results in all age groups; however, the DPP was most effective in those over age 65.¹

What is the Medicare Diabetes Prevention Program (MDPP)?

The Medicare Diabetes Prevention Program is the National Diabetes Prevention Program available to those Medicare beneficiaries who meet the program eligibility requirements. The Medicare DPP uses the same curriculum as the National DPP, but the eligibility requirements for Medicare coverage are more targeted in that they require qualifying blood values before enrollment. While the National DPP can be provided either in- person or virtually, the Medicare DPP must be delivered in-person. The Medicare DPP program is a once in a lifetime service delivered for a period of 2 years for members who meet sustained engagement and weight loss targets.

What's included in the program?

- Core Services: 16 weekly lessons over six months, followed by monthly sessions months 7-12.
- Ongoing Maintenance: Second year of maintenance sessions for those who meet the 5% weight-loss goal and attend a minimum of two sessions per three-month period
- Lifestyle health coach to help set goals and keep participants on track
- Small, in-person group for support and encouragement

Who is eligible for the program?

Medicare DPP is a covered preventive service for eligible Blue Cross Medicare Advantage Medicare members.

Members must complete a blood screening test within 12 months prior to enrollment and meet the requirements below to qualify for the program. If your patient needs a blood screening test, please refer them to an in-network lab.

Medicare DPP criteria for eligibility are:

- Enrollment in Medicare Part B
- Blood value:
 - Fasting plasma glucose of 110-125 mg/dL, **or**
 - A1C value between 5.7-6.4, **or**
 - Oral glucose tolerance test between 140 – 199 mg/dL
- BMI greater than 25 (or if Asian, greater than 23)
- No diagnosis of end-stage renal disease, type 1 or type 2 diabetes (previous gestational diabetes is not an exclusion to participate)

If eligible, how do members enroll?

Eligible members enroll in the Medicare DPP through our program administrator, Solera Health, by visiting solera4me.com/bcbstx or by calling 1-866-671-8597 (TTY 771), Monday through Friday from 8 a.m. to 8 p.m. CST.

As a health care provider, you may refer eligible patients to this program. Patients can also self-refer by visiting solera4me.com/bcbstx or by calling Solera directly.

Is there a cost to members for participating?

Medicare DPP is a covered preventive service with no cost-sharing. There is no cost to members – no copay, no coinsurance, and no deductible. The member may receive an Explanation of Benefits (EOB) from Blue Cross Medicare Advantage for this service. No action is necessary if a member receives an EOB, since there is no cost to the member.

Whom should I contact if I have questions about the program?

For questions about the Medicare Diabetes program please call Solera Health at 1-866-671-8597 (TTY 771), Monday through Friday from 8 a.m. to 8 p.m. CST.

¹ <https://www.cdc.gov/diabetes/prevention/prediabetes-type2/preventing.html> Solera4me is provided by Solera Health, an independent company. Solera is wholly responsible for its own products and services. BCBSTX makes no endorsement, representations or warranties regarding any products or services offered by Solera.

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