

**Government Business Division
Policies and Procedures**

Section (Primary Department) Health Education		SUBJECT (Document Title) Diabetes Prevention Program - CA	
Effective Date 01/30/2019	Date of Last Review 10/19/2023	Date of Last Revision 10/19/2023	Dept. Approval Date 10/19/2023
Department Approval/Signature:			

Policy applies to health plans operating in the following State(s). Applicable products noted below.

Products	<input type="checkbox"/> Arkansas	<input type="checkbox"/> Iowa	<input type="checkbox"/> Nevada	<input type="checkbox"/> Tennessee
<input checked="" type="checkbox"/> Medicaid/CHIP	<input checked="" type="checkbox"/> California	<input type="checkbox"/> Kentucky	<input type="checkbox"/> New Jersey	<input type="checkbox"/> Texas
<input type="checkbox"/> Medicare/SNP	<input type="checkbox"/> Colorado	<input type="checkbox"/> Louisiana	<input type="checkbox"/> New York	<input type="checkbox"/> Virginia
<input type="checkbox"/> MMP/Duals	<input type="checkbox"/> District of Columbia	<input type="checkbox"/> Maryland	<input type="checkbox"/> New York (WNY)	<input type="checkbox"/> Washington
	<input type="checkbox"/> Florida	<input type="checkbox"/> Minnesota	<input type="checkbox"/> North Carolina	<input type="checkbox"/> West Virginia
	<input type="checkbox"/> Georgia	<input type="checkbox"/> Missouri	<input type="checkbox"/> Ohio	<input type="checkbox"/> Wisconsin
	<input type="checkbox"/> Indiana	<input type="checkbox"/> Nebraska	<input type="checkbox"/> South Carolina	

POLICY:

Effective January 1, 2019, Anthem Blue Cross Medi-Cal (Plan) has a preventive service called the Diabetes Prevention Program (DPP). This benefit is available at no cost to the member and is paid according to the preventive service benefit. The goal of DPP is to make it easier for people at risk for the development of type 2 diabetes to participate in a high-quality lifestyle change program prevent or delay the onset of type 2 diabetes among individuals diagnosed with prediabetes. DPP components may include:

- 12-month Centers for Disease Control and Prevention (CDC) curriculum, with weekly and monthly sessions
- Lifestyle health coach to help set goals and keep participants on track
- Small group for support and encouragement
- Helpful tools, like wireless scales (from digital providers) and fitness trackers
- Ongoing maintenance sessions for participants that achieve and maintain weight loss goals

DEFINITIONS:

None

PROCEDURE:

I. DPP Providers

The Plan has access to a network of DPP providers through Solera Health for the delivery of direct services to members through sessions taught by peer coaches. DPP providers are required to comply with the most current CDC Diabetes Prevention Recognition Program (DPRP) guidelines and obtain pending, preliminary, or full CDC recognition¹.

¹ CDC recognition requirements can be found in the most current CDC DPRP Standards and Operating Procedures at: <https://www.cdc.gov/diabetes/prevention/lifestyle-program/requirements.html>

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DPP providers must use a CDC-approved lifestyle change curriculum that does all of the following:

- Emphasizes self-monitoring, self-efficacy, and problem solving
- Provides for coach feedback
- Includes participant materials to support program goals
- Requires participant weigh-ins to track and achieve program goals

II. Peer Coaches

DPP sessions are taught by well-trained peer coaches, also known as lifestyle coaches, who promote realistic lifestyle changes, emphasize weight loss through healthy eating and physical activity, and implement the yearlong lifestyle change program with adherence to a CDC-approved curriculum. All lifestyle coaches are recommended to complete a minimum of 12 hours or two days of formal training. A trained lifestyle coach can be:

- Physicians
- Non-physician practitioners
- An unlicensed person who is trained to deliver the required curriculum content and who possesses the skills, knowledge, and qualities specified in the most current CDC DPRP guidelines.

III. Eligibility Criteria and How to Refer Members

Program eligibility is based upon certain criteria. The following members are eligible to participate in the Diabetes Prevention Program:

- Members who meet ALL of the following requirements:
 - a) At least 18 years old
 - b) Have a BMI of ≥ 24 ; ≥ 22 if Asian American
 - c) Have no previous diagnosis of diabetes type 1 or 2
 - d) Confirmed prediabetes by blood test in the past year
 - Hgb A1c of 5.7%- 6.4% or
 - Fasting plasma glucose of 100 – 125 mg/dl or
 - Two-hour plasma glucose (after 75 gm glucose load of 140 – 199)
- Members with a diagnosis of Gestational Diabetes (GDM) qualifies a member to participate in DPP regardless of postpartum glucose level and they also meet the following requirements:
 - a) At least 18 years old
 - b) Have a BMI of ≥ 24 ; ≥ 22 if Asian American

Note: Members who are currently pregnant or have a diagnosis of Type 1 or Types 2 diabetes do not qualify for this program. Members with end-stage renal disease are not eligible.

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For women who are currently breastfeeding: The CDC does not issue guidance for participants who are breastfeeding. Women should consult with their health care provider regarding participating in DPP or other weight loss or calorie reducing programs while breastfeeding.

The Plan recommends that women have breast milk well established before actively attempting to lose weight. Calorie needs in the first two to three months of breastfeeding are higher but decrease over time. Women should consult with their providers regarding the best time to actively engage in a weight loss program.

- Member Referral

Members can also determine their eligibility for DPP and/or enroll through our program administrator, Solera Health, by visiting:

- www.solera4me.com/AnthemBC_MediCal to take the online assessment
- By calling **1-844-612-2949** (TY 711), Monday through Friday from 6 am to 6 pm PST.

IV. Program Structure

The program consists of 22 DPP peer coaching sessions over a 12-month period. This is known as the core services period and will include the following:

- First six months (month 1 through 6)- weekly core sessions (at least 16 weekly sessions)
- Last six months (month 7 through 12)- monthly core maintenance sessions (a minimum of 6 sessions)

After the core services period, Plan members are eligible to receive ongoing maintenance sessions in 3-month intervals for the next 12 months (months 13-24), to promote continued healthy behaviors. A member qualifies for the ongoing maintenance sessions if:

- The member attended at least 1 session during the final core maintenance session interval (months 9 to 12 of DPP services period) and had weight measured.
- The member achieved and/or maintained the required minimum weight loss of five percent from the first core session.
- The member achieved and/or maintained the required weight loss at least once during the final core maintenance session interval (month 10 to 12 of DPP services period).

Note: Each session is approximately one hour in length and must adhere to a CDC-approved curriculum. Lifestyle coaches will select topics from the curriculum based on participants' needs and interests.

The member's body weight must be recorded at all sessions. The required weigh-ins may include, but are not limited to the following:

- In-person weigh-in at a DPP session or DPP provider location

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- A remote weigh-in at the member’s home using scales with digital or Bluetooth communications capability
- Self-reported weigh-ins with or without confirmatory documentation

V. Delivery Methods for DPP Sessions

The Plan offers the following delivery methods for DPP sessions as deemed clinically appropriate:

- In-Person – For in-person delivery, members are physically present in a classroom or classroom-like setting with a peer coach. Peer coaches may supplement in-person sessions with handouts, emails, or reminder texts.
- Distance Learning – Trained peer coaches deliver sessions via remote classroom or telehealth. The peer coach is present in one location while participants call in or participate by videoconference from another location.
- Online – Online delivery can be conducted either through synchronous real-time interactive audio and video telehealth communication or through asynchronous store and forward telehealth communication. Members can log into DPP sessions via a computer, laptop, tablet, mobile phone, or other device from any location, such as the member’s home, without a practitioner or coach present. In addition, members must interact with peer coaches at various times and by various communication methods, including but not limited to online classes, emails, phone calls, or texts.
- Combination – Combination refers to any combination of in-person, distance learning, or online delivery methods.

VI. Frequency

The DPP core benefit lasts one year, and consists of at least, twenty-two sessions, consistent with the CDC’s Diabetes Prevention Recognition Program (DPRP). Additional less intensive, ongoing maintenance sessions are also provided for eligible beneficiaries who achieve and maintain a required minimum weight loss of five percent from the first core session.

Member’s medical record must indicate that the member’s medical condition or circumstance warrants repeat or additional participation in the DPP benefit. Examples of circumstances that warrant repeat or additional participation include, but are not limited to:

- Member switched enrollment to Anthem Blue Cross Medi-Cal
- Member transitioned from Fee-for-Service Medi-Cal into Anthem Blue Cross Medi-Cal
- Member moved to a different county
- Member experienced a lapse in Medi-Cal enrollment; and
- Member has or had medical conditions that hinder DPP session attendance.

Note: An eligible member has coverage of a subsequent ongoing maintenance session interval (for up to 9 months after the end of the first ongoing maintenance session interval) if the

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beneficiary attended at least 2 sessions and maintained the required minimum weight loss from baseline at least once during the previous ongoing maintenance session interval.

VII. Curriculum Translation

All Plan affiliated DPP providers are required to use a CDC-approved curriculum. DPP providers may use either the official CDC curriculum or a modified curriculum that has been approved by the CDC.²

DPP services are to be provided in a culturally and linguistically appropriate manner. In addition, all translated curriculum materials are made available to members and meet all requirements per WIC Section 14029.91,³ Part 92 of Title 45 of the Code of Federal Regulations (CFR),⁴ and Section 1557 of the federal Patient Protection and Affordable Care Act (42 United States Code (USC) Section 18116).⁵

VIII. Documentation of Performance-Based Codes

A documentation of appropriate codes for all DPP services is maintained for reference. The Plan complies with all applicable state and federal laws and regulations, contract requirements, and other DHCS guidance, including APLs and Policy Letters. These requirements must be communicated by the Plan to all delegated entities and subcontractors.

REFERENCES:

- DHCS APL 18-018 Diabetes Prevention Program
- Learning and Development - National Diabetes Prevention Program Announcement CO0165015 – 8/18/2017
- Member Service Operations - Diabetes Prevention Program Talking Points, New Hampshire – CO0176414 – 12/20/2017

² For guidance on modifications of the official CDC curriculum (such as language translations or cultural adaptations), the CDC approval process, and publicly available translations, please send inquiries to the CDC at this electronic mail address: dprpAsk@cdc.gov.

³ WIC Section 14029.91 can be found at:
http://leginfo.legislature.ca.gov/faces/codes_displayText.xhtml?lawCode=WIC&division=9.&title=&part=3.&chapter=7.&article=1.

⁴ Part 92 of Title 45 of the CFR can be found at:
<https://www.ecfr.gov/cgibin/retrieveECFR?gp=1&SID=a456b052532c14027607c3fab320bd7a&ty=HTML&h=L&mc=true&n=pt45.1.92&r=PART>.

⁵ Part 92 of Title 45 of the CFR can be found at:
<https://www.ecfr.gov/cgibin/retrieveECFR?gp=1&SID=a456b052532c14027607c3fab320bd7a&ty=HTML&h=L&mc=true&n=pt45.1.92&r=PART>.

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RESPONSIBLE DEPARTMENTS:

Primary Department:

Health Education

Secondary Department(s):

None

EXCEPTIONS:

None

REVISION HISTORY:

Review Date	Changes
01/30/2019	<ul style="list-style-type: none">• New P&P
01/27/2020	<ul style="list-style-type: none">• Annual review – no changes
12/15/2020	<ul style="list-style-type: none">• Annual review – no changes
12/02/2021	<ul style="list-style-type: none">• Annual review w/ minor grammatical changes; CDC initials changed to expanded phrase in first paragraph. Hyphen added to “two-hour”.
11/16/2022	<ul style="list-style-type: none">• Annual Review• Revised Anthem references under Policy and Procedure sections to either Anthem Blue Cross Medi-Cal or Plan to comply with recent branding guidelines
10/19/2023	<ul style="list-style-type: none">• Annual Review• Updated References section