Circular Letter

September 14, 2016

TO: **ALL CALPERS EMPLOYERS**

SUBJECT: **NEW CALPERS DIABETES PREVENTION PROGRAM**

Circular Letter Summary

This Circular Letter will:

- Provide a brief description of the new CalPERS Diabetes Prevention Program (DPP)
- Provide a definition of prediabetes
- Explain participant eligibility
- Explain the components of the DPP
- Provide information on where to get resources for the DPP

CalPERS Diabetes Prevention Program

CalPERS joins the Centers for Disease Control and Prevention's (CDC) initiative to promote the use of National Diabetes Prevention Program, effective January 1, 2017. CalPERS DPP aims to slow and prevent the development of type 2 diabetes in the CalPERS population with prediabetes.

The program focuses on weight loss through exercise, healthy eating, and behavior modification. DPP, a CalPERS covered benefit, is a year-long program led by trained lifestyle coaches who empower participants to take charge of their health and focus on lasting results. There is no cost to the qualified member.

What is prediabetes?

Prediabetes is a condition that exists when a person has blood glucose (sugar) levels that are higher than normal, but not high enough to be diagnosed as diabetes. One in three American adults has prediabetes, but up to 90% of them don't know they have it. Many people with prediabetes will develop diabetes unless they take steps to prevent it.

People at a high risk for prediabetes include those who:

- Have a family history of diabetes
- Are over age 40 - the risk for diabetes increases as you get older
- Are overweight
- Have a history of gestational diabetes (diabetes or high blood sugar when pregnant)
- Have high blood pressure

Eligibility for DPP

To be eligible for the program, participants must:

- Be at least 18 years old; **and**
- Have a Body Mass Index of at least 24 (or at least 22 if Asian); **and**
- Have had a blood test result in the prediabetes range within the past year, **or have** been previously diagnosed with gestational diabetes; **and**
- Have no previous diagnosis of diabetes.

What does the DPP consist of?

The Diabetes Prevention Program includes a CDC-approved curriculum, a lifestyle coach, and a support group of people with similar goals and challenges. It emphasizes improved nutrition, increased physical activity, stress management, problem solving, motivation to sustain behavior changes, and peer support.

The DPP may be conducted in person, online, or a combination of both. It is a 12 month program, with 16 sessions during the first six months followed by at least one session each month for the next six months.

Member Communications

CalPERS is working in conjunction with the health plans to inform members of the availability of the DPP through methods including:

- Health Plan communications at Open Enrollment Fairs - September and October 2016
- Preferred Provider Organization (PPO) OnHealth Newsletter - September 2016
- CalPERS Workplace Wellness Booklet online - October 2016
- Facebook campaign - November 2016
- Winter PERSpective - January 2017

Where can I get more information on DPP?

For more information about DPP, members should contact their CalPERS health plan:

Anthem Blue Cross	1-855-717-8813	www.anthem.com/ca/calpers
Blue Shield	1-866-954-4567	www.blueshieldca.com/calpers
Health Net	1-888-926-4921	www.healthnet.com/calpers
Kaiser Permanente	1-866-752-4737	www.kp.org/calpers
PERS Select/Choice/Care	1-855-717-8813	www.anthem.com/ca/calpers
Sharp Health Plan	1-877-849-2363	www.sharphealthplan.com/calpers
UnitedHealthcare	1-800-237-4942	www.uhc.com/calpers

Additional information about diabetes prevention in general is available on the CDC website.

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