



## Healthy Living: Diabetes Prevention Program (DPP)

State of Delaware members, who are enrolled in a Highmark Delaware or Aetna health plan and meet program eligibility criteria, can participate in the DPP at **NO COST** (covered under Preventive Care). The DPP is a year-long, lifestyle and health behavior change program. It is evidence-based, recognized by the Centers for Disease Control and Prevention (CDC) and can help participants eat healthier, increase physical activity, lose weight, overcome stress, boost energy and reduce risk of chronic conditions including diabetes.

To participate in the DPP, members need to meet the following eligibility criteria:

- 18 years of age or older;
- Not pregnant;
- Not diagnosed with type 1 or type 2 diabetes or ESRD (End Stage Renal Disease);
- Overweight (BMI  $\geq$  25; BMI  $\geq$  23 for Asian individuals);

And have **ONE** of the following:

- Diagnosed within the past year with pre-diabetes by qualifying blood test values;
  - Fasting blood glucose: 100-125 mg/dL
  - HbA1c: 5.7-6.4%
  - 2-hour plasma glucose: 140-199 mg/dL
- Previous diagnosis of gestational diabetes; or
- Qualifying Risk Score (must be 9 or greater) as determined by the risk assessment:
  - A woman who has had a baby weighing more than 9 lbs. **(1)**
  - Have a parent with diabetes **(1)**
  - Have a brother or sister with diabetes **(1)**
  - Weigh as much as or more than the recommended weight for your height **(5)**
  - Younger than 65 years old and gets little to no physical activity in a typical day **(5)**
  - Between the ages of 45 and 64 **(5)**
  - 65 years or older **(9)**