



DIABETES PREVENTION PROGRAM

Frequently Asked Questions

What is the Diabetes Prevention Program?

Also known as the DPP, the Diabetes Prevention Program helps participants lose weight, adopt healthy habits and significantly decrease their risk of developing type 2 diabetes. The program meets weekly for 16 weeks and then monthly for the balance of a year. The program teaches participants to make lasting changes by eating healthier, increasing physical activity, and managing the challenges that come with lifestyle change.

Why is Blue KC offering this program?

As diabetes continues to be the number one condition impacting benefit plan health costs for many employers, Blue KC has partnered with Solera Health, Inc. to offer new ways for our members to control and lower their risks of diabetes. The Diabetes Prevention Program (DPP) has been proven by the National Institutes of Health (NIH) and the Centers for Disease Control (CDC) to decrease the risk of developing type 2 diabetes by 58% for those who lose 5 – 7% of their body weight via changes in diet and exercise.

What's included in the program?

There are many versions of the lifestyle change program, but most include the following components:

- 16 weekly lessons, followed by monthly sessions for the rest of the year
- Lifestyle health coach to help set goals and keep participants on track
- Small group for support and encouragement
- Helpful tools, like wireless scales and fitness trackers.

Who is eligible for the program?

The Diabetes Prevention Program is a new preventive benefit for all Blue KC members (excluding FEP, JAA, Medicare Supplemental policies, and any groups that do not offer PPACA + Routine Preventive Care benefits).

How will members know about this new program?

Blue KC will be sending an email to all eligible members in which we have an email address. The email will discuss the benefits of the program and encourage them to take the one-minute quiz on solera4me.com/bluekc. Additionally, Blue KC will include information on the homepage of the member portal for members to learn about the program and take the quiz.

Can I promote this benefit to my employees?

We created a few materials you can use to share with your employees:

- 1) [Member Flyer](#), 2) [Sample Content Blurbs](#), 3) [Member Overview Slides](#)

For additional support, contact your broker or Blue KC representative. They can engage Solera to discuss potential ways to promote this new benefit to your employee population.

How do members find out if they qualify?

Members who are identified as having prediabetes or who score as high risk for developing type 2 diabetes can qualify for the program. Members should visit solera4me.com/bluekc and take a one-minute quiz to see if they qualify.

If they're qualified, how do members enroll?

Members should visit solera4me.com/bluekc to learn more about the program and to enroll; or they can call 1-866-671-7759 to enroll over the phone. Once enrolled, members will receive a Welcome Email from Solera with instructions on how to complete the registration process with their matched DPP provider. Members must complete the registration process with their DPP provider to begin the program.

Is there a cost for this program to employers or members?

Groups will be charged \$155 each time a member reaches a milestone in the program (typically no more than four milestones per members, and members must reach all four within a 52-week time period).

This program is at no cost to members. Enrolled members may receive an Explanation of Benefits (EOB) from Blue KC for this benefit. No action is necessary if a member receives an EOB. DPP is a covered preventive benefit.

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

Contact your broker or Blue KC representative for more information. Or call Solera at (866) 671-7759.