

Help Prevent Diabetes Today

According to the Centers for Disease Control and Prevention (CDC), more than 30 million U.S. adults have diabetes, and over 84 million are living with prediabetes. Prediabetes is a serious health condition that increases a person's risk of developing type 2 diabetes and a long list of other chronic conditions such as heart attack, stroke, blindness, kidney failure, and loss of limbs.

Two Programs to Help Your Employees

To provide your employees with flexibility, the structured lifestyle and health behavior change program is being delivered by two CDC-recognized program vendors: the YMCA and RetrofitSM.

In-person program at participating YMCA locations

- On-site structured sessions led by a trained lifestyle coach
- Peer support and accountability
- Weekly weigh-ins

Online program and mobile app through RetrofitSM

- Expert-led online classes
- Expert moderated online community (peer support)
- Text messaging for "in the moment" personalized coaching

Advantages for you

- Program costs are captured through claims but submitted and paid only as members attain program milestones
- Program coverage at 100 percent as a preventive medical benefit with no member cost share to encourage member enrollment and completion
- Aggregate claims reporting to track program and member success rates
- Healthier employees can result in decreased future claims costs and increased productivity



THE BAD NEWS

The prevalence of prediabetes is growing

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The diagnoses of diabetes is growing

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Without major changes, as many as 1 in 3 U.S. adults could have diabetes by 2050.

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The cost of treating diabetes is growing

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About 1 in 4 health care dollars is spent on people diagnosed with diabetes.

THE GOOD NEWS

Diabetes is preventable, and prediabetes is reversible. That's why we cover a Diabetes Prevention Program (DPP) at 100 percent as a preventive medical benefit with no member cost share.

Completion of DPP reduces risk of diabetes by 58 percent

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Member's program completion results in an estimated annual cost savings of \$400 – \$1,300

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Diabetes prevention results in a cost avoidance of \$16,750 per member, per year

For more information

For more information about the Diabetes Prevention Program and more details about each vendor option, contact your Member Service department.



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ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

12/18 HC401053-MCC