

# PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

**Wisconsin's Chronic Disease Prevention Program (CDPP) works to increase access, referrals, and reimbursement for the CDC's National Diabetes Prevention Program.**

## Evidence, Curriculum, and Fidelity

The [National Diabetes Prevention Program](#) (National DPP) is an evidence-based, year-long lifestyle change program introduced by the Centers for Disease Control and Prevention (CDC) for people who have prediabetes or are at risk for developing type 2 diabetes. The program, facilitated by a trained Lifestyle Coach, consists of 16 one-hour weekly sessions and six to ten one-hour monthly or twice-monthly sessions held over a 12-month period that include topics such as eating healthy, increasing physical activity, and losing weight. The [National DPP curriculum](#) (scroll down to "PreventT2 Module Details") is provided as both a Lifestyle Coach Guide and a Participant Guide, plus handouts.

The Diabetes Prevention Program [research study](#) used as a basis for the National DPP found that, over the 3-year study, improved nutrition and exercise (lifestyle intervention) reduced by 58% the chance that a person at risk for type 2 diabetes would develop diabetes; and, if the person was over age 60 the risk reduction increased to 71%. In comparison, the drug metformin also reduced risk, although less dramatically, by 31%. Even [after 10 years](#), lifestyle change program participants had a 34% lower rate of type 2 diabetes.



The fidelity for the National DPP is maintained through CDC's [Diabetes Prevention Recognition Program](#) (DPRP) and the [DPRP Standards and Operating Procedures: March 2021](#). There are three levels of recognition and you begin in "pending" recognition status, then move into "preliminary" and "full" recognition status. This process is explained in the [Standards and Operating Procedures](#). Is your organization ready to become a National DPP supplier? Take this [Organizational Capacity Assessment](#).

CDC's recently introduced [National DPP Customer Service Center](#) is designed to be a one-stop shop for National DPP suppliers to have easy access to information and resources about prediabetes and the National DPP, such as training materials, toolkits, videos, questions, and technical assistance related to all aspects of the program. You also can create an account to communicate more easily with the Diabetes Prevention Recognition Program.

**Is Your Organization Ready?**

**Take CDC's Organizational  
Capacity Assessment**



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## Building the Case for Support

The [National DPP Coverage Toolkit](#) has many resources to help organizations make the case for support. Sections of greatest interest to help you build your case for support include:

- [Cost & Value](#) to help develop cost analysis data and return on investment (ROI) data
- [Case for Coverage for Commercial Plans and Employers](#)
- [Delivery](#)

And, don't forget to start out with projecting the health and economic effects of the National DPP lifestyle change program on your population by using CDC's [Diabetes Prevention Impact Toolkit](#).

## Lifestyle Coach Training and Support

The Chronic Disease Prevention Program (CDPP) supports organizations committed to becoming National DPP suppliers through sponsorship of Lifestyle Coach Training. Due to the COVID-19 pandemic, we have placed our in-person Lifestyle Coach Trainings on hold. We have purchased vouchers and can provide them to you at no cost (a \$649 value) for [Virtual Lifestyle Coach Training](#) through Emory University's [Diabetes Training and Technical Assistance Center \(DTTAC\)](#). They were the very first Lifestyle Coach trainers and do an exceptional job. They even trained and now monitor the Master Trainer *Select* who does our in-person trainings. To participate in these trainings, provide Pam Geis with the names and email addresses of the people you want to train. Pam will then distribute a registration email with a special code to use during registration.



The CDPP also supports Lifestyle Coaches through Advanced Lifestyle Coach Training. Once your Lifestyle Coaches are trained, they will have the opportunity to join DTTAC's Common Ground online Lifestyle Coach community. And, within that community we host a private group called Badgerland Coaches. This is a great opportunity for your Lifestyle Coaches to communicate with and learn from other coaches in Wisconsin. We regularly host communities of practice and other advanced training opportunities free-of-charge for Wisconsin's Lifestyle Coaches (a \$50 value per opportunity).

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## Program Management Tool

Welld Health is a comprehensive platform that allows for National DPP cohort/data management, bi-directional referrals, and claims submission (if desired), all at a reasonable cost. This user-friendly platform provides tools to make National DPP management easier. We would be happy to arrange a Welld Health demonstration for you.

While Wisconsin National DPP suppliers are using the Welld Health platform to effectively manage their programs, CDPP is focusing on the claims processing capability. We are using the Welld Health platform to create a Wisconsin supplier-payer network, *Wisconsin Lifestyle and Prevention Benefits Network*. We are moving toward Wisconsin insurers contracting with Welld for the services of the Wisconsin suppliers who use the Welld platform—a similar concept to pharmacy benefits managers (PBMs) or management services organization (MSO). This network will eliminate the complex administrative task required for insurers to contract with each individual National DPP supplier to facilitate commercial insurance reimbursement.

## Provider Education and Referrals

The American Medical Association (AMA) has a variety of resources that provide [guidance on engaging health care teams](#) and stakeholders on diabetes prevention topics, from testing and screening, to National DPP lifestyle change programs, including referrals and implementation. Now is the time to begin working on building this infrastructure—before you launch your first cohorts. The resources already exist, it is a matter of personalizing them. No need to reinvent the wheel!



## Wisconsin-Specific Promotional Materials

The CDPP is excited to announce a collaboration with the American Diabetes Association on a Wisconsin vanity URL for the Diabetes Risk Test. Using [www.diabetes.org/widhsrisktest](http://www.diabetes.org/widhsrisktest) in all of your communications, on your websites, on your risk test widgets, and more will allow us to acquire blinded data for Wisconsin users of the risk test. We will be able to monitor how many people we, and our partners, are driving to the risk test and what types of risk factors they identify. Please use this link any time you want to connect people to the Diabetes Risk Test (also known as the Prediabetes Screening Test or Type 2 Diabetes Risk Test).

We also have a variety of assets available to promote your National DPP cohorts: social media messaging and ads, posters, flyers, palm cards, print ads, radio ads, and testimonials from Wisconsin participants. These assets are customizable and are available on CDPP's prediabetes webpages, [www.PreventDiabetesWI.org](http://www.PreventDiabetesWI.org). Invest your time in placing assets, not creating them!

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## MEDICARE DPP TECHNICAL ASSISTANCE

National DPP suppliers must first be in CDC preliminary or full recognition status before applying for Medicare DPP supplier status. Both CMS and CDC's Customer Service Center provide resources for the Medicare Diabetes Prevention Program (Medicare DPP):

- [Medicare DPP Expanded Model](#) website contains a lot of information on orientation, enrollment tutorials, billing, etc. This [Medicare DPP 101](#) presentation provides information on the benefits of enrolling as a Medicare DPP supplier along with supplier support for enrollment, delivery, billing and claims, and sustainability
- [Working with Medicare Beneficiaries Guide](#) will help you learn how to recruit, enroll, and retain Medicare beneficiaries with prediabetes in your organizations CDC-recognized lifestyle change program
- CDC's Customer Service Center has a general [FAQ: CMS/Medicare Inquiries](#) resource and [Medicare DPP Promotional Materials for Part B Beneficiaries](#)
- You can also direct questions regarding the Medicare DPP expanded model to CMS at [mdpp@cms.hhs.gov](mailto:mdpp@cms.hhs.gov) or the Medicare DPP Help Desk at 1-877-906-4940



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