

SPECIAL eBULLETIN

FOR PROFESSIONAL AND FACILITY PROVIDERS

SEPT. 7, 2017

HIGHMARK'S DIABETES PREVENTION PROGRAM SUPPORTS STATE OF DELAWARE EMPLOYEES

Highmark Delaware now offers a new Diabetes Prevention Program for our members who are covered through the State of Delaware's Comprehensive PPO or First State Basic PPO plan, or the Point of Service plan offered to Port of Wilmington employees. Covered employees or non-Medicare pensioners and their adult (18 years of age or older) dependents are eligible for the program if they meet the criteria. As a Highmark network provider, you can encourage these patients to participate in this program. The program is covered at 100 percent for members who meet the criteria.

Our program helps members who have prediabetes to make healthier lifestyle choices. Prediabetes can often be reversed through weight loss, healthy diet changes, stress reduction, and increased physical activity.

Highmark's 12-month Diabetes Prevention Program will teach members how to modify their lifestyle habits and give them the skills they need to make positive changes. Highmark Delaware members who are covered through one of the three State of Delaware plans along with their enrolled adult (18 years of age or older) dependents who are at risk of developing type 2 diabetes may qualify for the program. Their Highmark medical plan will cover one of the following options per calendar year:

- In-person program at participating YMCA locations
- Online and mobile program through RetrofitSM

Highmark is working with the YMCA and Retrofit to offer members a choice of two convenient ways to participate in our Diabetes Prevention Program in the hopes that it will positively change their lives. Both program tracks are comprehensive, approved by the Centers for Disease Control and Prevention (CDC), and available at no cost to members, if they meet the criteria.

If a member is interested in learning more about the program, he or she can review the program's options and requirements by visiting and logging into the member website at highmarkbcbsde.com.

By clicking on **Diabetes Prevention**, the member is taken to the Diabetes Prevention Program page where he or she can learn more about prediabetes, risk factors, and the two available program options. Once the member selects a program link, they then complete a risk assessment — the [CDC Prediabetes Screening Test](#) — to determine whether they qualify for the program. If they qualify, they will be given further instructions on how to enroll.

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We thank you for encouraging your State of Delaware Highmark patients to participate in this valuable program — and for the care and service you provide to all Highmark members.