

Better You Diabetes Prevention Program



The Better You Diabetes Prevention Program is a Lifestyle Change Program, which is a year-long program designed for people with prediabetes. It is also designed for people who are at high risk for Type 2 - Diabetes and want to lower their risk.

Program Structure & Goals

The program helps participants achieve moderate weight loss by eating well and being active. The structure of the **first** six months for participants is to meet:

- **Once a week** for four months (sessions 1 to 16)
- **Every other week** for two months (sessions 17 to 20)

The goal is for participants to:

- Lose **at least 5 to 7 percent** of their starting weight
- Get **at least 150 minutes** of physical activity each week, at a moderate pace or more

The structure for the second six months is for participants to meet once a month for six months (sessions 21 to 26). By the end of the **second** six months, the goal is for participants to:

- Keep off the weight they have lost
- Keep working toward their goal weight, if they haven't reached it
- Lose more weight if they wish
- Keep getting **at least 150 minutes** of activity each week

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As a reminder, DPP is offered to members who are at risk of developing Type 2 - Diabetes. These programs are not intended for members who have already been given a diabetes diagnosis.

Here are the qualifying criteria for DPP:

- 18 years of age or older
- BMI greater than 25 (Southeast Asian greater than 24)
- Not currently diagnosed with diabetes
- Not currently pregnant

And at least one of the following:

- Glucose of 100 –125 mg/dL
- A1c between 5.7– 6.4%
- Gestational diabetes with previous pregnancy
- Score 9 or higher on the CDC risk quiz

<https://www.cdc.gov/prediabetes/takethetest/>



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	Solera Health
Lines of Business	<ul style="list-style-type: none"> • Commercial Group (Small to Large) • ASO groups can opt-in • IU65 (ACA and Pre-ACA) • Medicare Advantage
Program Type	<p>Commercial Group and IU65: Offered as wellness program</p> <p>ASO Groups: Non-standard benefit</p> <p>Medicare Advantage: Included in benefits</p>
Curricula	CDC's Curriculum
Delivery Method	Online and In-Person at Weight Watchers (WW) retail locations, Florida Blue Centers, Sanitas, County Health Department and other community-based organizations
Program Length	1 year
Enrollment Method	solera4me.com/betteryou 888-759-4823
Incentives/Tools	<ul style="list-style-type: none"> • FitBit Flex 2 at class 4 (no additional cost) • Bluetooth digital scale (no additional cost) • Mobile app (no additional cost)
<p>Guidelines:</p> <ul style="list-style-type: none"> • Once a participant selects and starts the program with a provider, the participant may not switch providers. • Once a participant completes or terminates from the program, the participant must wait a year before re-enrolling. • Weight Watchers (WW) only available for a one-time enrollment. 	

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