

## Type 2 Diabetes Prevention Program Can Help At-Risk Medicare Advantage Members

One in three adults and one in two seniors are at risk for type 2 diabetes. Because of this, we are working with Solera Health (Solera) to help prevent our at-risk Medicare Advantage members from developing type 2 diabetes or delay the onset. Solera manages our diabetes prevention program, which was developed based on the Centers for Medicare & Medicaid Services (CMS) guidelines.

### About the Program

**This program is available at no extra cost to your Medicare Advantage patients.** It will focus on small changes that add up to big change, such as learning healthy eating habits and incorporating daily activity. Patients who meet the criteria for prediabetes will receive:

- A full year of support and access to a diabetes program following CMS guidelines.
- Weekly classes for 16 weeks, then monthly to maintain progress.
- A Fitbit® activity tracker after four weeks of participation.

Based on randomized control studies by the National Institutes of Health (NIH), this program has been found to reduce the progression of prediabetes to type 2 diabetes. This evidence-based prevention program supports Healthcare Effectiveness Data and Information Set (HEDIS®<sup>1</sup>) measures and Medicare Star ratings through weight loss and reduction in A1c/fasting glucose levels.

To qualify, patients take a blood test to confirm they are prediabetic. Members can submit lab work from their annual physical or other tests where their A1c and glucose is tested.

### What You Can Do

If your Medicare Advantage patients are at risk for type 2 diabetes, **please encourage them to sign up for the diabetes prevention program.** Explain how patients sign up and who they can call if they have questions. You can also share the [solera4me.com/maoffer](https://solera4me.com/maoffer) link with your patients or ask them to call Solera directly at 855-717-8813.

Together, we can help prevent or delay the onset of this disease.

<sup>1</sup>HEDIS® is a registered trademark of the National Committee for Quality Assurance (NCQA).