

THIS CA UPDATE HAS BEEN SENT TO THE FOLLOWING:**COUNTIES:**

- Imperial
- Riverside/San Bernardino
- Los Angeles
- Orange
- Sacramento
- San Diego

LINES OF BUSINESS:

- Molina Medi-Cal Managed Care
- Molina Medicare Options Plus
- Molina Dual Options Cal MediConnect Plan (Medicare-Medicaid Plan)
- Molina Marketplace (Covered CA)

PROVIDER TYPES:

- Medical Group/ IPA/MSO**

Primary Care

- IPA/MSO
- Directs

Specialists

- Directs
- IPA

Hospitals**Ancillary**

- CBAS
- SNF/LTC
- DME
- Home Health
- Other

FOR QUESTIONS CALL PROVIDER SERVICES:

(855) 322-4075, Extension:

Los Angeles/Orange CountiesX111113 X123017
X127657 X120104**Riverside/San Bernardino Counties**X127684 X128010
X120618**Sacramento County**

X126232 X121360

San Diego CountyX121805 X121401
X127709 X121413
X123006 X121599**Imperial County**

X125682 X125666

MEDI-CAL DIABETES PREVENTION PROGRAM

This is an advisory notification to Molina Healthcare of California (MHC) network providers regarding a new benefit, effective January 1, 2019, for Medi-Cal members regarding diabetes prevention.

MHC has teamed up with Yes Health to bring our members the Diabetes Prevention Program (DPP). The Yes Health DPP uses a mobile app and the program is recognized by the Centers for Disease Control and Prevention (CDC). It is a lifestyle change program developed to prevent type 2 diabetes and is designed for members who have prediabetes or are at risk for type 2 diabetes. This program is not for members who already have diabetes. There are weekly core sessions followed by monthly core maintenance sessions in the first year. Year two maintenance sessions are also available to eligible members. Trained coaches lead the program to focus on healthy eating, stress reduction, and physical activity to create long-term changes and lasting results.

To qualify for the DPP, Molina members must meet all of the following requirements:

- A. Be at least 18 years old **and**
- B. Be overweight (body mass index ≥ 25 ; ≥ 23 if Asian American) **and**
- C. Have no previous diagnosis of type 1 or type 2 diabetes **and**
- D. **ONE** of the following:
 1. Have a screening result indicating high risk for type 2 diabetes based on the CDC Prediabetes Screening Test (available at <https://www.yeshealth.com/molina>).
 2. **OR** have a blood test result in the prediabetes range within the past 12 months:
 - Hemoglobin A1C: 5.7%–6.4% or
 - Fasting plasma glucose: 100–125 mg/dL or
 - Two-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL
 3. **OR** have been diagnosed with gestational diabetes in the past, but is currently not pregnant.

Providers may refer by directing members to the program website:

<https://www.yeshealth.com/molina>. Please see attached FAQ for more information.

QUESTIONS

If you have any questions regarding the notification, please contact your Molina Provider Services Representative at (855) 322-4075. Please refer to the extensions to the left.



DIABETES PREVENTION PROGRAM (DPP) FOR MEDI-CAL MEMBERS FAQ Sheet for Providers

What is the Diabetes Prevention Program?

Molina Healthcare has teamed up with Yes Health to bring our members the Diabetes Prevention Program (DPP). The Yes Health DPP is an online program that is recognized by the Centers for Disease Control and Prevention (CDC). It is a lifestyle change program that focuses on member engagement and health outcomes. It was developed to prevent type 2 diabetes and is designed for members who have prediabetes or are at risk for type 2 diabetes. This program is not for members who already have diabetes.

What does the DPP consist of?

This is a one-year program with the possibility of a second maintenance year if the member qualifies. The program uses a mobile app that focuses on healthy eating, stress reduction, and physical activity to create long-term changes and lasting results. There are weekly core sessions in the first 6 months, followed by monthly core maintenance sessions, months 7 through 12 (see roadmap for first 16 weeks below). Year two maintenance sessions are also available to eligible members who achieve and/or maintain minimum weight loss of five percent from the first core session, and who meet the program engagement requirements.

What are the DPP coaches' qualifications?

Trained coaches lead the program to help members change certain aspects of their lifestyle. Yes Health coaches are licensed nutritionists, registered dietitians, naturopathic physicians, certified fitness trainers and well-being experts. All have been cross-trained and are certified DPP lifestyle health coaches.

What do participating Molina members get?

- A digital scale* to monitor their program progress and meeting milestones.
- Mobile app that connects to the digital scale.
- In-the-moment coaching from their personal nutritionist and fitness trainer, accessible on their smartphone every day (7am to 9pm PT).
- Helpful real-time feedback on meals and nutrition – members can snap photos of their meals, submit them, and get instant tips on how to make them healthier.
- Fun and motivating exercise tips from their trainer.
- Tips on healthy ways to reduce stress and make more time for the things they love.

* Only one digital scale will be provided to each participating member.

What are the program outcomes?

Large-scale, long-term CDC studies (DPP research trial) have shown that after one year of following a lifestyle change program, participants can reduce the risk of getting type 2 diabetes by 58%. Yes Health has been awarded full recognition status by the CDC which is reserved only for programs proven to effectively deliver a quality, evidence-based solution that meets all CDC recognition standards. The average range of weight loss for health populations with BMIs

considered overweight or obese has been 5% - 8%. The average range of weekly activity time for participants performing moderate to vigorous exercise has been 198 min - 328 minutes by program midpoint.*

*Based on Yes Health internal data analysis of cohorts participating in the 52-week lifestyle program

What are the program costs?

Yes Health DPP is offered to Molina Medi-Cal members at no cost.

What is the eligibility criteria?

To qualify for the DPP, Molina members must meet all of the following requirements:

- A. Be at least 18 years old **and**
- B. Be overweight (body mass index ≥ 25 ; ≥ 23 if Asian-American) **and**
- C. Have no previous diagnosis of type 1 or type 2 diabetes **and**
- D. **ONE** of the following:
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 3. **OR** have been diagnosed with gestational diabetes in the past, but is currently not pregnant.




How are members referred to the program?

The DPP takes referrals from self-referring members, network providers, and Molina staff. Members will take a short online assessment to verify program eligibility.

What is the referral website?

Please refer Molina members to the following website to enroll and participate in the program:
<https://www.yeshealth.com/molina>.

Diabetes Prevention Program Roadmap

Session	 Nutrition	 Fitness	 Well Being
1	Track your food*	Why brisk walking is a good idea	Reflect on the journey, take time for yourself
2	Real food vs. processed foods, added sugars	Get active*	It starts with the quality of sleep
3	The value of food logging	Track your activity*	The right partners
4	Shop and cook for health*	Managing “busy disruptions”	Do what you love – even for 5 minutes
5	Eat well*	How to make it more fun	Making the physical environment your partner
6	The power of veggies	Get more active*	Making the social environment your partner
7	Healthy breakfast	Boosting energy by putting it all together	Manage stress*
8	Healthy lunch	Changing up the routine	Take charge of your thoughts*
9	Healthy snacks	Find time for fitness*	Your life needs margins. Schedule accordingly

10	Healthy dinner	Burn more calories than you take in*	Filling the gaps
11	Beverages/Alcohol	Clear your mind with exercise	Go green – It's a walk in a park – and it's better for you
12	Carbohydrates	Keep your heart healthy*	Meditation
13	Proteins/Fats	Post meal walks and blood sugar	Get support*
14	Micronutrients: why eat variety	Improving sleep with exercise	Coping with triggers*
15	Eat well away from home*	Play like a kid	Be present: "The line is the ride"
16	Nutrition on the go	Staying fit on the road	Stay motivated for health*

**Includes guidance from the Centers for Disease Control Prevent T2 program*