

# Memorandum

To: Gold Coast Health Plan Providers

From: Kathy Neal, RN, DNP  
Executive Director, Health Services

Re: **New Benefit: Diabetes Prevention Program**

Date: November 5, 2019

Gold Coast Health Plan (GCHP) is now offering a new Diabetes Prevention Program benefit for members in accordance with the state Department of Health Care Services All Plan Letter 18-018.

The Diabetes Prevention Program is an evidence-based, lifestyle change program that is designed to prevent or delay the onset of type 2 diabetes among those who are diagnosed with prediabetes.

The Centers for Disease Control and Prevention (CDC) established the standards and guidelines for the Diabetes Prevention Program. A trained lifestyle coach leads the yearlong program with the goal of helping people improve certain aspects of their lifestyles, such as eating healthier, reducing stress, and increasing physical activity. The program, which can be delivered in person or online in both English and Spanish, also includes support in a group environment where members can share common goals and struggles.

GCHP has contracted with Solera to deliver the benefit.

## Who is eligible for the Diabetes Prevention Program?

To be eligible, GCHP members must:

1. Be at least 18 years of age, *AND*
2. Be overweight (BMI >25 or >23 if Asian), *AND*
3. Have no previous diagnosis of type 1 or type 2 diabetes, *AND*
4. Have a blood test result in the prediabetes range within the past year:
  - a. Hemoglobin A1C: 5.7% - 6.4%, *OR*
  - b. Fasting plasma glucose: 100-125 mg/dl, *OR*
  - c. Two-hour plasma glucose (after 75 gm glucose load): 140-199 mg/dl, *OR*
5. Have been diagnosed previously with gestational diabetes.

## **How can I refer my patient to GCHP's Diabetes Prevention Program?**

Once you have identified GCHP members who may be eligible for the program, you may:

- Refer them directly to Solera's website: [www.Solera4me.com/gchp](http://www.Solera4me.com/gchp).
- Fill out the [Diabetes Prevention Program Referral Form](#) and email it to [screen@soleranetwork.com](mailto:screen@soleranetwork.com) or fax it to 602-650-0690.

If you have questions regarding the Diabetes Prevention Program, please email GCHP's Provider Relations team at [ProviderRelations@goldchp.org](mailto:ProviderRelations@goldchp.org).