

YMCA DIABETES PREVENTION PROGRAM

The YMCA Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes reduces their risk for developing the disease by taking steps that will improve their overall health and well-being. Santa Clara Family Health Plan Cal MediConnect Plan (Medicare-Medicaid Plan) (SCFHP Cal MediConnect Plan) members can participate in the program at no-cost. Membership to the YMCA not required.

DESCRIPTION

- One-year program, 25 sessions
- Small group, supportive environment
- Classroom based via zoom
- Learn about healthier eating & increasing physical activity to reduce risk

BENEFITS

- Reduce your risk of diabetes
- Receive individualized attention from a Certified Lifestyle Coach

WHO CAN PARTICIPATE

- Adults 18+ with Santa Clara Family Health Plan Cal MediConnect Plan (Medicare-Medicaid Plan)
- Overweight (BMI >25)
- At risk for or have been diagnosed with PREDIABETES - via a blood test with one of the following results:
 - Fasting Plasma Glucose between 100–125 mg/dL
 - 2-hour Plasma Glucose between 140–199 mg/dL
 - A1c between 5.7% and 6.4%
- Or a previous diagnosis of gestational diabetes

If a blood test is not available, a qualifying risk score based on a combination of factors including height and weight is acceptable. Take the at risk quiz here:

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

HOW TO REFER YOUR MEMBERS

- Determine if the member is eligible using the criteria listed above.
- Complete the referral form and submit to YMCA by emailing ymcadpp@ymcasv.org.
- YMCA staff will verify members' eligibility and contact member to sign up for the Diabetes Prevention Program.

For more information on the YMCA Diabetes Prevention Program, visit <https://www.ymca.org/what-we-do/healthy-living/fitness/diabetes-prevention>.

REFERRAL FORM

MEMBER'S CONTACT INFORMATION:

First Name: _____ Last Name: _____
 Date of Birth: _____ SCFHP Member ID: _____
 Email: _____
 Address: _____
 City: _____ State: _____ Zip Code: _____
 Phone Number: _____
 Height: _____ Weight: _____

Providers - Complete the referral form and submit to YMCA by emailing ymcadpp@ymcasv.org. If you have questions, call YMCA at 1-408-351-6440.