

PROVIDER MEMO

To: Santa Clara Family Health Plan Providers
From: Laurie Nakahira, Chief Medical Officer
Date: November 2, 2022
Subject: Diabetes Prevention Program (DPP) by YMCA

Dear providers,

Santa Clara Family Health Plan (SCFHP) is proud to announce our partnership with The YMCA of Silicon Valley to provide a Diabetes Prevention Program (DPP) to our SCFHP Cal MediConnect Plan members. The YMCA's DPP is included in SCFHP Cal MediConnect Plan benefits and is offered at no cost to our members.

The YMCA's approach focuses on small, measurable, reasonable goals to give participants' confidence they can make the necessary changes to reduce their risk for type 2 diabetes and live healthier lives. By participating in the program, members learn how to reduce their body weight, increase physical activity, eat healthier, and increase energy and confidence.

- Provided to SCFHP Cal MediConnect Plan members
- Classroom format via Zoom
- Eligibility:
 - Adults 18+
 - 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
- How to refer:
 - Determine member eligibility using the criteria listed above. Eligibility criteria can also be found on the YMCA DPP referral form.
 - Complete the YMCA DPP referral form and submit by email to ymcadpp@ymcasv.org or visit the SCFHP provider portal to complete the Health Education Referral form.
 - YMCA staff will verify members' eligibility and contact member to enroll.

Attachments:

- YMCA Flyer
- YMCA DPP Referral Form

Please share this resource with your SCFHP patients. If you have any questions about our DPP program, please email healthed@scfhp.com. We deeply appreciate all you do for our members



**“I’m so glad I joined
this program so I
can be there for
my grandkids.”**

REDEFINE YOUR HEALTH TODAY!

Join the Diabetes Prevention Program at no cost to Santa Clara Family Health Plan Cal MediConnect Plan (Medicare–Medicaid Plan) members

You can reduce your risk for type 2 diabetes.

The YMCA’s Diabetes Prevention Program focuses on small, measurable, reasonable goals to give participants confidence they can make the necessary changes to reduce their risk for type 2 diabetes and live healthier lives.

By participating in the program, you will learn how to:

- Reduce your body weight
- Increase physical activity
- Eat healthier
- Increase energy and confidence

**Learn how to make lasting,
healthy lifestyle changes!**

**If you have questions,
email ymcadpp@ymcasv.org
or call 408-351-6440.**

SUBMIT YOUR INTEREST



The Y is a nonprofit organization committed to strengthening our community through youth development, healthy living and social responsibility.

*YMCA membership not required.

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.