Health Plans Preventing Diabetes and Improving Well-Being

Visit www.ahip.org/Diabetes for more information.
AHIP member health plans have experience delivering diabetes prevention programs to many populations. In the latest Issue Brief, read about health plan strategies to address prediabetes across diverse populations, in workplace settings, by collaborating with physicians, and in health plan retail centers located in communities. Discover important considerations for organizations who may offer the National Diabetes Prevention Program (DPP). Visit www.ahip.org/Diabetes today to download the Issue Brief.

See the National DPP in Action

Discover how health plans have launched outreach and education efforts in diverse communities to help prevent Type 2 diabetes. Visit www.ahip.org/Diabetes to watch the first two videos in a series about health plans’ prevention programs.

Health Plans’ Top Tips for Implementing a Diabetes Prevention Program

- **Tip 1:** Involve Trusted Messengers to Deliver a Positive Message to Potential Participants
- **Tip 2:** Build Your 12-Month Timeline
- **Tip 3:** Let’s Get Digital
- **Tip 4:** Track Privately, Praise Publicly
- **Tip 5:** Market Your Program, Even at the End!

Discover How Health Plans Are Involved in the CDC’s National Diabetes Prevention Program

Preventing diabetes is important, and health plans work with members to improve their health and achieve lasting goals. AHIP and member health plans, under a CDC cooperative agreement, are reaching culturally diverse, low-income, and low-literacy populations, as well as individuals in workplaces and retail centers to help prevent diabetes.

Participating Health Plans:
- Denver Health
- EmblemHealth
- Florida Blue

To learn more about the National Diabetes Prevention Program, and view On-Demand Webinars, Infographics, Case Studies, and other related materials, please visit www.ahip.org/Diabetes.
Prediabetes, Health Plans, and the National DPP: Get the Facts

“More than 1 out of 3 Americans have prediabetes. Without lifestyle changes to improve their health, 15 percent to 30 percent of people with prediabetes will develop type 2 diabetes within five years.”

Source: Health Plans’ Experience with the National Diabetes Prevention Program: Considerations for Organizations Who May Offer the DPP, AHIP, 2015

“Interventions such as the National Diabetes Prevention Program (National DPP) can prevent diabetes. Participant goals are to get at least 150 minutes of physical activity a week, lose at least 5 percent of one’s starting weight within six months, and maintain the weight loss.”

Source: Health Plans’ Experience with the National Diabetes Prevention Program: Considerations for Organizations Who May Offer the DPP, AHIP, 2015

“AHIP and member health plan strategies around the National DPP address the needs of low socioeconomic and low literacy populations and the program is offered in workplace settings, health plan retail centers, and in collaboration with physicians.”

Source: Health Plans’ Experience with the National Diabetes Prevention Program: Considerations for Organizations Who May Offer the DPP, AHIP, 2015

The Issue Brief where these quotes can be found is available for download at www.ahip.org/Diabetes
Identifying and Promoting Health Plan Best Practices to Help Prevent and Manage Chronic Conditions

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