



Health in Motion™

HELP YOUR PATIENTS PREVENT DIABETES

REFER THEM TODAY!



Why Refer Patients to Our Program?

Reduce the incidence of type 2 diabetes in your practice through interventions that support your practice's chronic disease management, improve HEDIS and MCAS outcomes.

Evidence-Based Approach: The Diabetes Prevention Program (DPP) is a year-long program that helps people avoid or delay type 2 diabetes. It is recognized by the CDC and covered by L.A. Care Health Plan.

Lifestyle Coaching: Patients learn how to eat healthier, get more active, and manage stress. The program is designed to support people from all backgrounds. Certified coaches guide participants throughout the program, which can be joined online.

The Diabetes Prevention Program is offered through an independent vendor. L.A. Care Health Plan provides coverage for eligible members but does not administer the program. For more details about eligibility and our health education programs please visit:

www.LACare.org/providers/tools/health-education-tools



Who Should You Refer?

Individuals with:

- ✓ BMI ≥ 25 ; (≥ 23 if Asian)
- ✓ No previous diagnosis of type 1 or type 2 diabetes
- ✓ A blood test result in the prediabetes range within the past year:
 - Hemoglobin A1C: 5.7%–6.4%
 - or*
 - Fasting plasma glucose: 100–125 mg/dL
 - or*
 - 2-hr plasma glucose (after 75 gm glucose load): 140–199 mg/dL
- ✓ Previously diagnosed with gestational diabetes

How to Refer Patients:



Use this code to direct your patients to an easy online referral.

www.DCPHealthProgram.com

Diabetes Care Partners (DCP)
1-877-227-3889
Monday- Friday
9am- 6pm PST