Fighting the Type 2 Diabetes Epidemic: How Employers & Health Plans Can Participate in CDC’s National DPP

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Welcome

Mike Thompson
President & CEO
National Alliance of Healthcare Purchaser Coalitions
Welcome

National Association of Chronic Disease Directors (NACDD)

John Robitscher, MPH
Chief Executive Officer, NACDD

chronicdisease.org
NACDD Overview

- Strengthen state-based leadership and expertise
- Lead and influence to shape health landscape
- Capacity building, professional development, and advocacy
- Member-based, Member-driven, Member-led
Strategic leadership

Coordinated action

Expanding and sustaining proven strategies
Medicaid Coverage for the National DPP

• Demonstration project with Medicaid and public health agencies in Maryland and Oregon
• Evaluation report, October 2018
• National DPP Coverage Toolkit: https://coveragetoolkit.org/
Miriam T. Bell
Centers for Disease Control and Prevention, Division of Diabetes Translation

Miriam T. Bell, MPH
Team Lead,
National Diabetes Prevention Program
Overview: The National Diabetes Prevention Program

Miriam T. Bell, MPH
Team Lead, National Diabetes Prevention Program
Division of Diabetes Translation
National Center for Chronic Disease Prevention and Health Promotion
Centers for Disease Control and Prevention
National Diabetes Prevention Program

Largest national effort to mobilize and bring effective lifestyle change programs to communities across the country!
Overview of the National Diabetes Prevention Program

1. At the core of the National Diabetes Prevention Program (National DPP) is a CDC-recognized, year-long lifestyle change program that offers participants:

- A trained lifestyle coach
- CDC-approved curriculum
- Group support over the course of a year

To successfully implement these lifestyle change programs, the National DPP relies upon a variety of public-private partnerships with community organizations, private and public insurers, employers, health care organizations, faith-based organizations, and government agencies. Together, these organizations work to:

- Build a workforce that can implement the lifestyle change program effectively
- Ensure quality and standardized reporting
- Deliver the lifestyle change program through organizations nationwide
- Increase referrals to and participation in the lifestyle change program

Diverse Complications of Diabetes

**Diabetic Retinopathy**
Leading cause of blindness in adults\(^1,2\)

**Diabetic Nephropathy**
Leading cause of end-stage renal disease (6x risk)\(^3,4\)

**Cardiovascular Disease**
80% increased risk

**Stroke**
60% increased risk\(^5\)

**Cognitive Impairment / Dementia**
2-fold risk

**Emerging / Non-traditional**
- Cancer 17%↑
- Disability 1.9X↑
- Dementia 73%↑
- Depression 2X↑
- Liver disease ↑
- Tuberculosis 2-5X↑
- Acute kidney injury 4X↑
- Infections ↑
- Respiratory (flu / TB)
- Urinary tract
- Skin/ soft-tissue

**Peripheral Vascular Disease and Neuropathy**
Leading cause of non-traumatic lower extremity amputations (10-fold risk)\(^7,8\)

References:
- National Diabetes Statistics Report, 2017; Gregg et al., NEJM, 2014; Gregg et al., Lancet, 2018; Zhang et al., 2008; Bardenheier, 2018;
- Tsilidis et al., BMJ, 2014; Pavkov et al., 2018; Godala et al., J Diabet Invest. 2013; Dooley et al., Lancet Infect. Dis 2009; Stevenson et al., BMC Pub Health 2007
National DPP Strategic Goals

- Increase coverage among public and private payers
- Increase referrals from healthcare providers
- Increase demand for the National DPP among people at risk
- Increase the supply of quality programs
Increase Program Coverage & Reimbursement

Many public and private insurers are offering the National DPP lifestyle change program as a covered benefit.

Commercial Insurers

Many commercial health plans provide some coverage for the National DPP. Examples include:

- AmeriHealth Caritas
- Anthem
- BCBS Florida
- BS California
- BCBS Louisiana
- Denver Health Managed Care: Medicaid, Medicare, Public Employees
- Emblem Health: NY
- GEHA
- Highmark
- Humana
- Kaiser: CO & GA
- LA Care: Medicaid
- MVP’s Medicare Advantage
- Priority Health: MI
- United Health Care: National, State, Local, Private, and Public Employees

State Coverage

Over 3 million public employees/dependents in the following 17 states have the National DPP as a covered benefit:

- Colorado
- Delaware
- Kentucky
- Louisiana
- Maine
- Maryland (partial payment)
- Minnesota
- Tennessee
- New Hampshire
- New York
- Rhode Island
- Vermont
- Washington
- Oregon
- California
- Texas
- Connecticut (DoT)

The following states have approved coverage for Medicaid beneficiaries:

- Minnesota
- Montana
- Vermont
- New Jersey (in 2018)
- California (in 2019)
National DPP Coverage Toolkit

The toolkit is a resource to support Medicaid, Medicare, and commercial health plans that are considering covering or implementing the lifestyle change program.

WHAT IS THE TOOLKIT?
Online resource to support Medicaid, Medicare, and commercial health plans who are considering covering or implementing the National DPP lifestyle change program.

WHAT DOES IT COVER?
Topics include contracting, delivery options, coding and billing, and data and reporting. It also includes sections on how to obtain Medicaid coverage and draw down federal funds.

WHO IS IT DEVELOPED BY?
The National Association of Chronic Disease Directors (NACDD), Leavitt Partners, and the Centers for Disease Control and Prevention (CDC).

https://coveragetoolkit.org/
Thank you!

Questions?
Email: omw5@cdc.gov

For more information, contact CDC
1-800-CDC-INFO (232-4636)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.
Chris Skisak

Houston Business Coalition on Health

Chris Skisak, PhD
Executive Director
Panel Discussion

Employers: Experiences and Perspectives on Covering the National DPP

Sue Prochazka, JD
Director of Benefits,
Rice University

Peggy Sczepanski, RDN
North America Health Promotion Leader,
Dow Chemical
Overview: Rice University

• **3,500 Benefits eligible employees**
  – 800 full time faculty
  – 2,400 staff
    • Professional/Executive
    • Administrative
    • Housing and dining
    • Police force
    • Facilities

• **Focus is on teaching and research**
  – 6:1 undergraduate student to faculty ratio
  – $130M in externally funded research annually
Overview: Dow Chemical

Dow combines the power of science and technology to passionately innovate what is essential to Human Progress.

• 56,662 Employees worldwide
• 25,877 North America
  – >24,000 United States
  – <1,000 Canada
• Total Worker Health Strategy (2015 – 2025)
  – Healthy Culture
  – Healthy People
  – Healthy Workplace
Panel Discussion

What has your overall experience been in covering the National DPP lifestyle change program?
What factors led you to the decision to cover the National DPP?
Panel Discussion

How have you operationalized the benefit?

(type of benefit, delivery options, eligibility, contracting, billing processes)
Panel Discussion

What challenges have you faced and how did (or how might) you address them?
Panel Discussion

What outcomes have you witnessed as a result of covering the National DPP for your employees?
Panel Discussion

What advice would you have for other employers who are considering offering the National DPP as a covered benefit?
Panel Discussion

Questions?
Rebecca Nielsen

Leavitt Partners

Rebecca Nielsen, MBA
Senior Director
The National Diabetes Prevention Program: Coverage Toolkit

Rebecca Nielsen, Leavitt Partners
June 13, 2018
Coverage Toolkit

Resource to support commercial, public (Medicaid) payers, and employers who are considering covering or implementing the National DPP

www.CoverageToolkit.org

Developed in partnership with the National Association of Chronic Disease Directors (NACDD) and the Centers for Disease Control and Prevention (CDC).
Presentation Overview

Step 1: Know the Program

Step 2: Make the Case

Step 3: Build your National DPP Lifestyle Change Program Network

Step 4: Engage Program Participants

Step 5: Enroll and Retain Members
Know the Program

The National DPP section of the website provides information to help a plan or employer understand the program.

The program has proven to be **cost-effective**, and can be **cost saving**, depending on the mode of delivery, the target population, and other factors.
Make the Case

The CDC’s National DPP Diabetes Prevention Impact Toolkit is a rigorous, research driven tool that can help a commercial plan or employer calculate the cost-effectiveness or cost-savings of the program given the profile of their population.
Build your National DPP Network

Commercial plans have several options for building a National DPP lifestyle change program network.

A commercial plan can:

Option 1
Contract with a managed service organization that represents CDC-recognized organizations to provide in-person classes in multiple locations

Option 2
Contract with a CDC-recognized vendor to provide online classes

Option 3
Contract with a network integrator that in turn contracts with both in-person and online programs

Option 4
Contract with disparate in-person and/or online programs to create a network
Engage Program Participants

Commercial plans and employers can be important partners in promoting the program so their members realize the benefits of lifestyle change.

**Key Step**
Build a network of CDC-recognized organizations and formulate a plan for engaging and recruiting beneficiaries

**Activities**
1. Make beneficiaries aware of the benefit
2. Provide information to contracted CDC-recognized organizations so that they can make outreach to beneficiaries
3. Ensure that staff from CDC-recognized organizations are available to enroll members at work-site biometric screening events

Denver Health study showed that qualifying individuals were 5 times more likely to enroll if they knew that their primary care physician recommended it.
Enroll and Retain Members

Retaining plan members and employees who have elected to participate in the program is an important program objective.

Research suggests that the longer one stays in the program, the more weight he or she will lose and the better his or her outcomes will be.

Sign pay-for-performance contracts so that the claims you pay for the National DPP lifestyle change program are tied to participation and weight loss.
Worksite programs offer several benefits to eligible employees. There are also important considerations.

- **Strength of Social Ties**
- **Convenience**
- **Options to Make Up Missed Sessions**
- **Privacy and Branding**
- **Time of Day**
Conclusion

As commercial plans and employers come to:

- Understand the program
- Develop realistic expectations around cost and benefits
- Build a network
- Support their CDC-recognized organization partners

They will be able to support meaningful lifestyle change for at-risk members

The National DPP Coverage Toolkit is a resource to support these aims

www.CoverageToolkit.org
Thank you!

Questions?

Rebecca Nielsen Rebecca.Nielsen@leavittpartners.com
Thank you!

Please fill out the webinar evaluation and direct any questions to coverage toolkit@chronicdisease.org