



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

6.13.2018

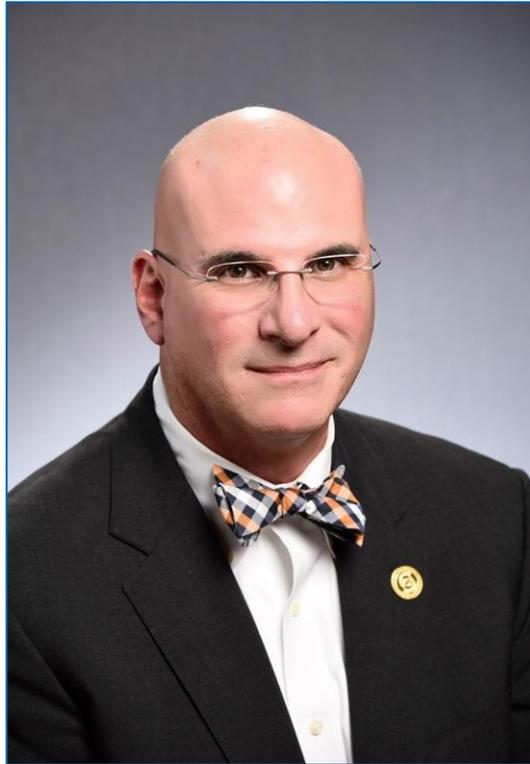
Welcome

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



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS

Promoting Health. Preventing Disease.

D I A B E T E S

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!

REDUCING THE IMPACT OF DIABETES

It brings together:

- COMMUNITY ORGANIZATIONS
- PRIVATE INSURERS
- EMPLOYERS
- HEALTH CARE ORGANIZATIONS
- FAITH-BASED ORGANIZATIONS
- GOVERNMENT AGENCIES

Research shows structured lifestyle interventions can cut the risk of type 2 diabetes in **HALF**

to achieve a greater combined impact on reducing type 2 diabetes

The infographic features a central illustration of various buildings representing different sectors: a house for community organizations, a green building for private insurers, a dark grey skyscraper for employers, a blue hospital building for health care organizations, a green church for faith-based organizations, and a blue government building for government agencies. Each building has a corresponding speech bubble with its name. To the left is the official seal of the National Diabetes Prevention Program, which includes a stylized Capitol building. To the right, a white box with a dashed line and a pair of scissors at the bottom indicates that the word 'HALF' is being cut out of the sentence.

Overview of the National Diabetes Prevention Program

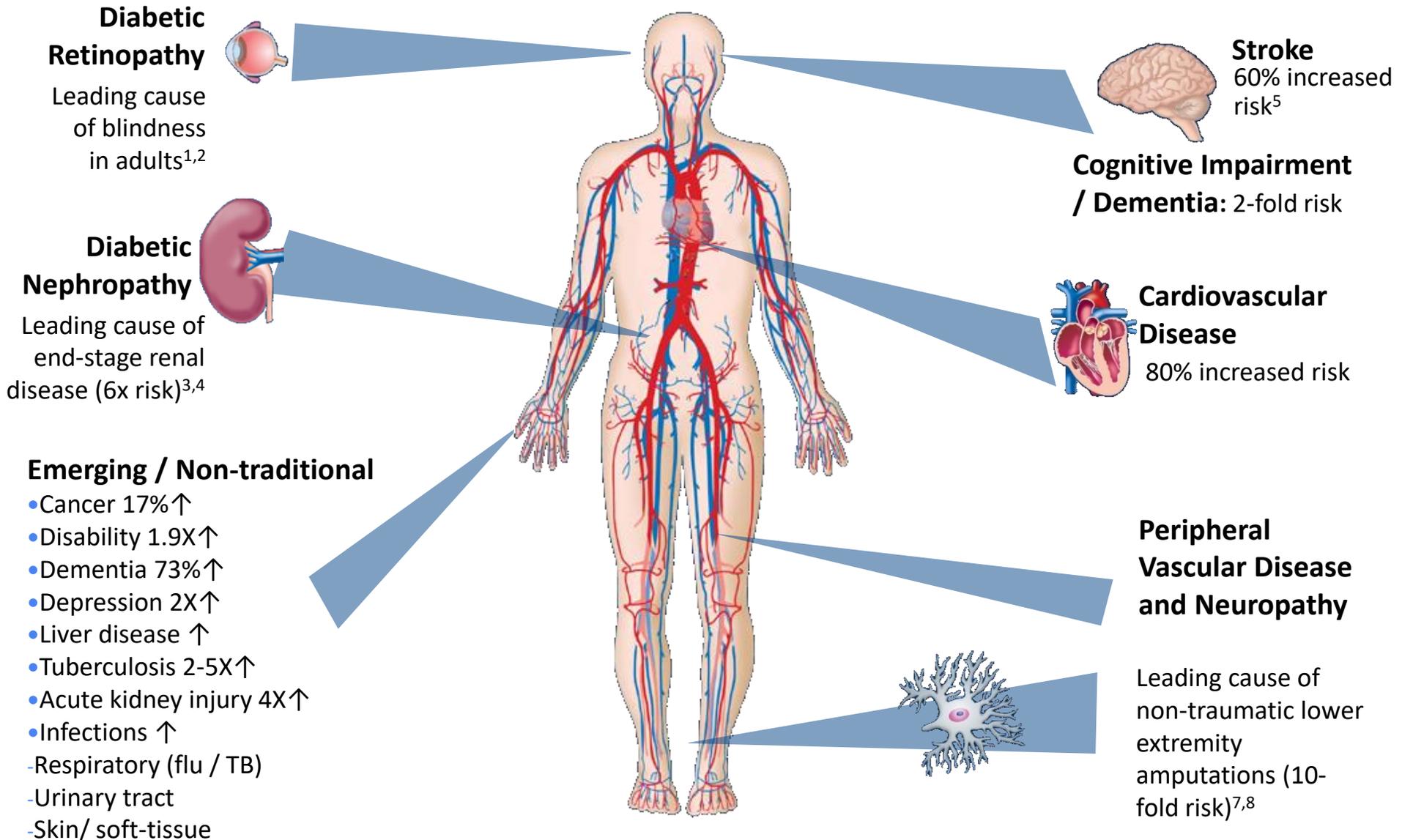
- 1 At the core of the National Diabetes Prevention Program (National DPP) is a CDC-recognized, year-long lifestyle change program that offers participants:



- 2 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:



Diverse Complications of Diabetes



National DPP Strategic Goals



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



Medicaid Agencies

[Learn More](#)



Medicaid MCOs

[Learn More](#)

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



Medicare

[Learn More](#)



Commercial Plans

[Learn More](#)

WHO IS IT DEVELOPED BY?

The National Association of Chronic Disease Directors (NACDD), Leavitt Partners, and the Centers for Disease Control and Prevention (CDC)

Thank you!

Questions?

Email: omw5@cdc.gov

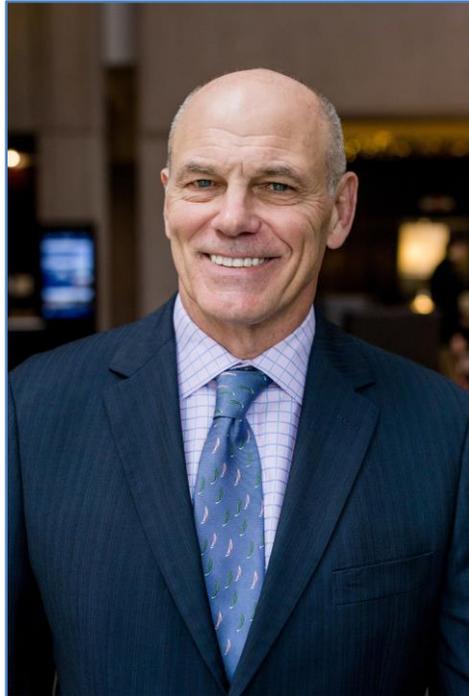
For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov

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 Szczepanski, 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?

Panel Discussion

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

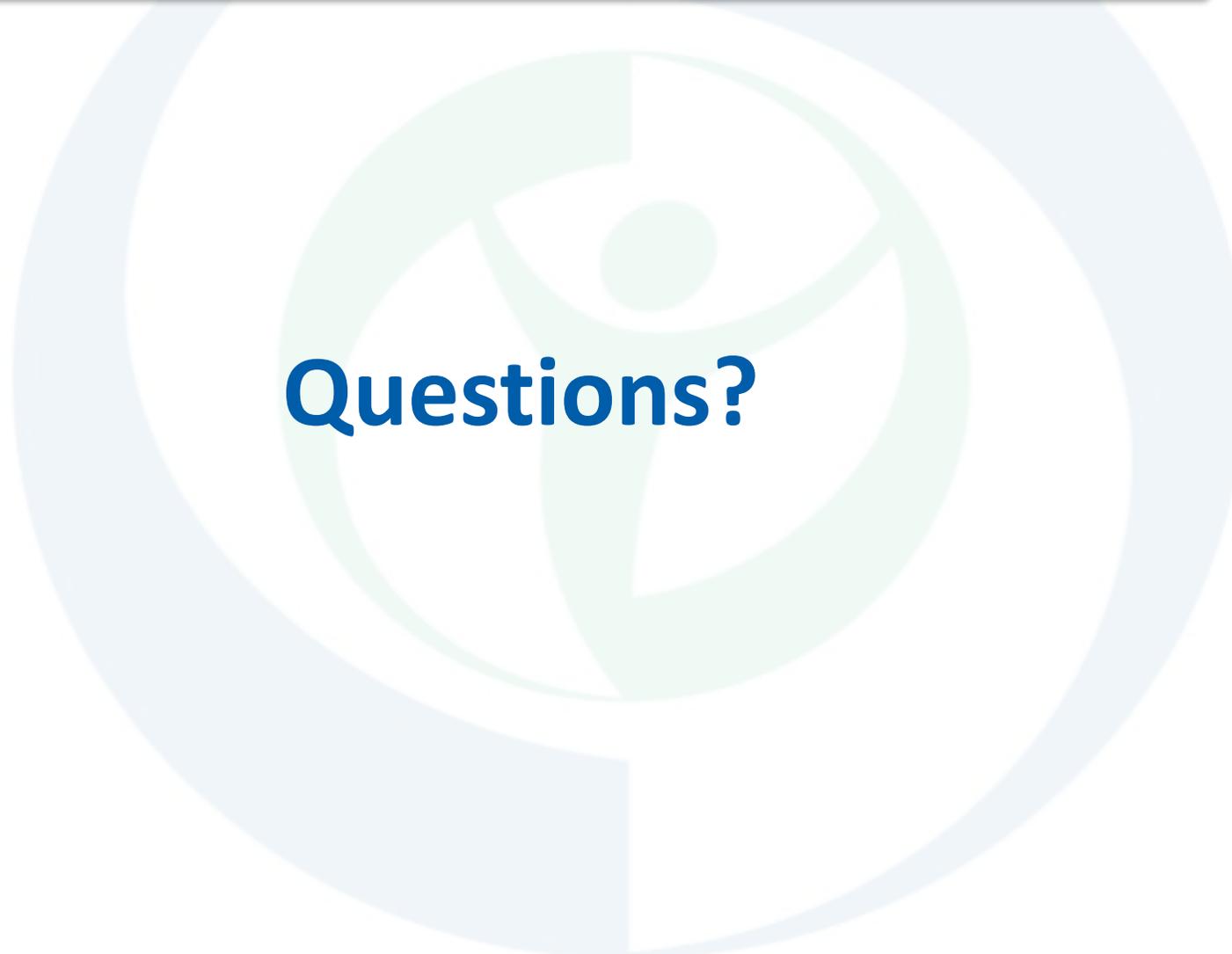
What outcomes have you witnessed as a result of covering the National DPP for your employees?

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

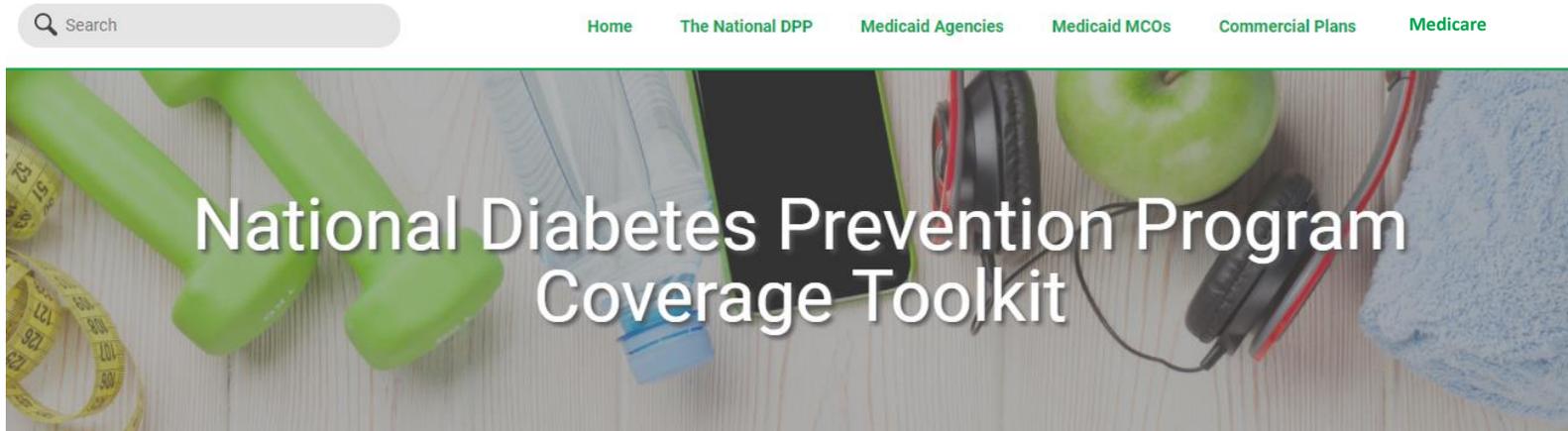


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LEAVITT
PARTNERS

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).



Medicaid Agencies

Learn More



Medicaid MCOs

Learn More



Commercial Plans

Learn More



Medicare

Learn More

Presentation Overview

Step 1:

Know the Program

Step 2:

Make the Case

Step 3:

**Build your National DPP Lifestyle Change
Program Network**

Step 4:

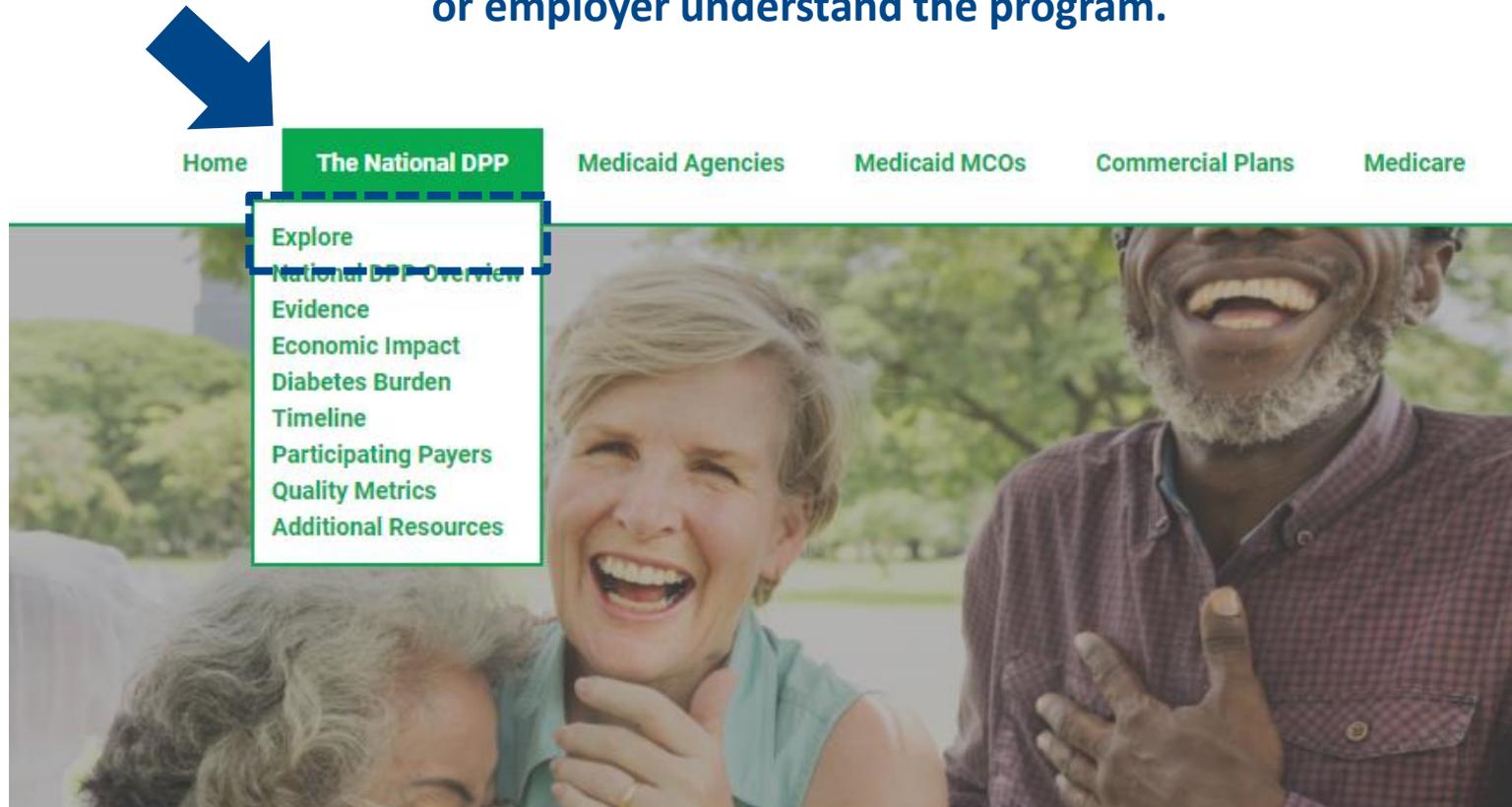
Engage Program Participants

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.

DIABETES PREVENTION
IMPACT TOOLKIT

STATE EMPLOYER INSURER

DIABETES PREVENTION IMPACT TOOLKIT

Use this Impact Toolkit to project the health and economic effects of the National DPP lifestyle change program on your population at risk for diabetes. For technical details on the Impact Toolkit and how to use it, or See the [HELP](#) page for a complete list of Impact Toolkit resources.

To get started, choose one of the modules below.



STATE



EMPLOYER



INSURER

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.



Enrollment, Incentives, & Retention



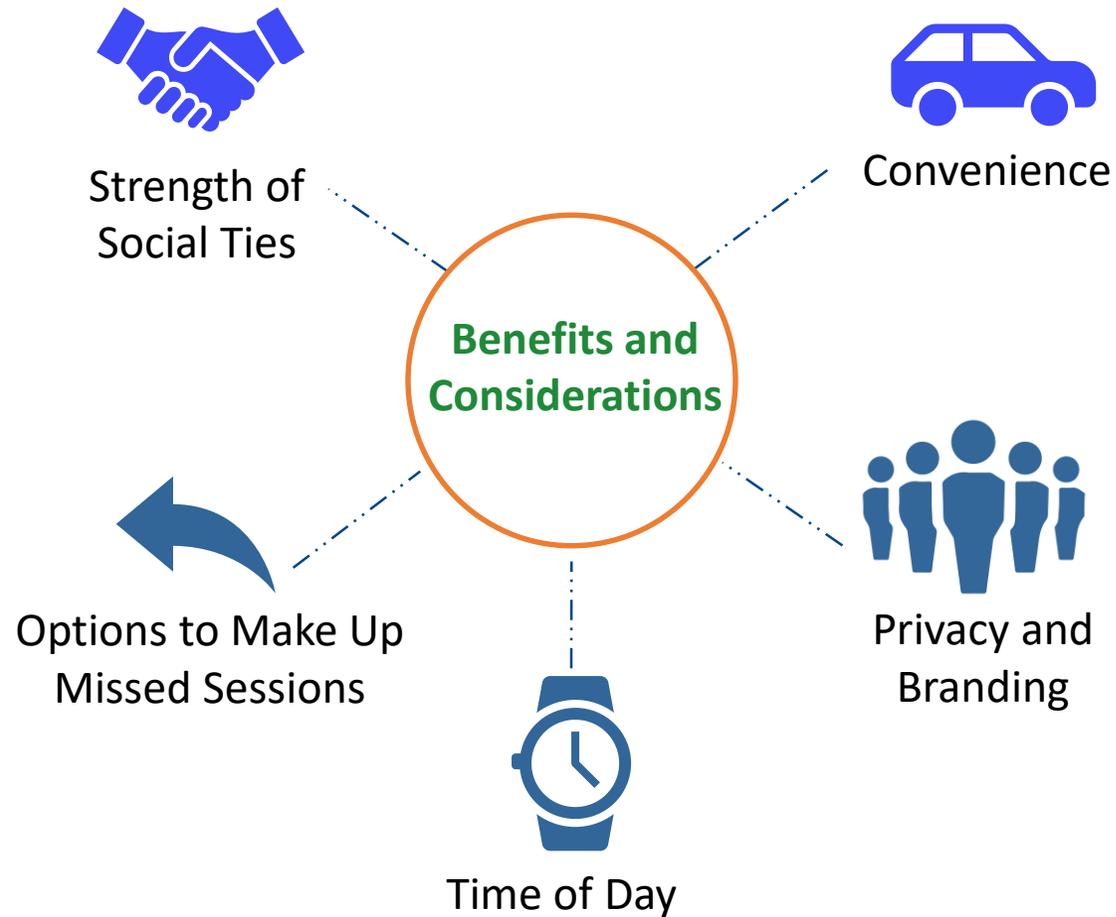
Research suggests that the longer one stays in the program, the more weight he or she will lose and the better his or her outcomes will be.

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 Program Considerations

Worksite programs offer several benefits to eligible employees. There are also important considerations.



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



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Thank you!

Please fill out the **webinar evaluation** and
direct any questions to coveragetoolkit@chronicdisease.org