



Medicare Diabetes Prevention Program

Experience Health and Solera Health, a leader in patient education, bring you a Diabetes Prevention Program that can help you make lifestyle changes, lose weight and reduce the risk of getting Type 2 Diabetes. The program is for members who haven't already been diagnosed with Type 2 Diabetes, end-stage renal disease (ESRD) or kidney failure. **Here's what you need to know:**

Who Qualifies for the Program?

You don't need a referral from your primary care provider (PCP), but you must have qualifying lab test results and higher than normal body mass index or BMI. (BMI measures body fat in relation to your weight and height.)

How Can I Participate?

You can get diabetes prevention courses and materials, approved by the Centers for Disease Control (CDC), through educators and health coaches in your area:

- You must attend in person, but there will be a limited number of make-up sessions available online.
- Over the first 12 months, you can try 12 core and core-maintenance sessions.
- Extra ongoing maintenance sessions will be available based on reaching your weight loss goals.
- This is a once-per-lifetime benefit, so you can only participate once.

How Do I Enroll?

You can get diabetes prevention courses and materials, approved by the Centers for Disease Control (CDC), through educators and health coaches in your area:

Step 1: Call the customer service number on the back of your Blue Cross NC member ID card. Ask for help setting up your lab test and to learn about enrolling in the program through Solera Health. Solera will help you find educators in your area who can get you signed up for the core sessions.

Step 2: Get a Patient [Referral Form Here](#), then share it with your PCP and ask them to send your current lab results to Solera.

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