

Help Prevent Diabetes Today — and Save Tomorrow

According to the Centers for Disease Control and Prevention (CDC), more than 29 million U.S. adults have diabetes, and 86 million are living with prediabetes. Prediabetes is a serious health condition that increases a person's risk of developing type 2 diabetes and other chronic conditions.

The Bad News:

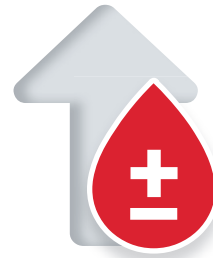
Without major changes, as many as 1 in 3 U.S. adults could have diabetes by 2050.



The diagnoses of diabetes
is growing



The cost of treating diabetes
is growing



The prevalence of prediabetes
is growing

The Good News:

Diabetes is preventable, and prediabetes is reversible. That's why we cover a Diabetes Prevention Program (DPP) at 100 percent as a preventive medical benefit with no member cost share.



Completion of DPP reduces
risk of diabetes by 58%



Member's program completion
results in an estimated annual cost
savings of \$400 – \$1,300



Diabetes prevention results in a
cost avoidance per year of \$13,700

Two Programs to Help Your Employees

To provide your employees with flexibility, the structured lifestyle and health behavior change program is being delivered by two CDC-recognized program vendors: the YMCA and Retrofit.



In-person program

at participating YMCA locations

- On-site structured sessions led by a trained Lifestyle Coach
- Peer support and accountability



Online program and mobile app

through RetrofitSM

- Expert-led online classes
- Expert moderated online community (peer support)
- Text messaging for “in the moment” personalized coaching

Advantages for you

- Program costs are captured through claims but submitted and paid only as members attain program milestones
- Program coverage at 100 percent as a preventive medical benefit with no member cost share to encourage member enrollment and completion
- Aggregate claims reporting to track program and member success rates
- Healthier employees can result in decreased future claims costs and increased productivity

For more information

For more information about the Diabetes Prevention Program and more details about each vendor option, contact your Highmark Representative.