

The Diabetes Prevention Business Imperative:

Why KC Employers Should Care





Summarizing The Problem

THE IMPACT OF THE DISEASE IS PROFOUND

Over 37 million Americans are living with type 2 diabetes.



This puts them at them higher risk for:


- Blindness
- Kidney failure
- Heart disease
- Stroke
- Loss of toes, feet, or legs

A close-up photograph of a person's hands using a glucometer. The person is holding the device against their finger to obtain a blood sugar reading. The background is slightly blurred, showing the person's patterned blue top.

**The societal
cost is
immense.**

**Each year, we
collectively spend
over a quarter of a
billion dollars
treating type 2
diabetes.**

On average, people
with type 2 diabetes
can expect to incur
over \$9,500 per year
in related healthcare
costs.




Over 1 in 3 adults—93 million people— has
prediabetes.

Most don't know they
have it.



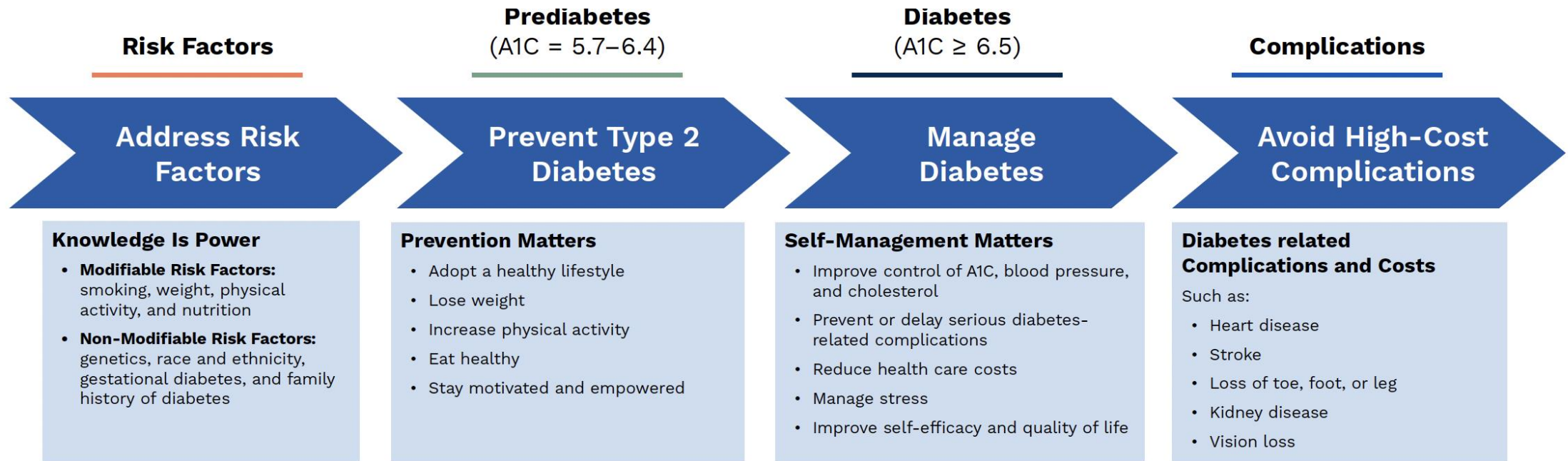
Prevent the disease before it even occurs.

When we shift our attention from only **treating** diabetes to **preventing** diabetes, everyone wins.



The National DPP Lifestyle Change Program

Understanding Diabetes



Employers Can

Promote Healthy Lifestyles Through Policies and Programs <ul style="list-style-type: none"> • Educate employees on diabetes risk factors • Provide opportunities to take a type 2 diabetes risk test • Incentivize annual physicals, including blood glucose tests • Provide employee wellness options that include the National DPP lifestyle change program 	Offer the National DPP Lifestyle Change Program as a Covered Benefit* <ul style="list-style-type: none"> • Identify and help employees at highest risk of type 2 diabetes • Cut the risk of developing type 2 diabetes in half using an evidence-based, cost-saving program • Improve employee productivity and long-term health outcomes • Expand support groups to promote sustained healthy lifestyle changes 	Maintain Diabetes Management Efforts <ul style="list-style-type: none"> • Offer diabetes self-management education and support (DSMES) as a covered benefit • Lower health care co-pays • Reduce costs for medications and supplies • Provide access to behavioral health counseling 	Promote Early Detection and Treatment <ul style="list-style-type: none"> • Incentivize annual physicals, dental exams, eye health, recommended bloodwork, and other preventive services described in the Standards of Medical Care in Diabetes • Encourage physical activity through employee programs and walking groups • Provide education on eye health, diabetes complications, and cardiovascular disease
--	---	---	---

*Adoption of this program can prevent progression from risk factors to type 2 diabetes.



Commit to reduce type 2 diabetes.

Businesses in Kansas and Missouri have an opportunity to STOP the progression to diabetes for employees with prediabetes.

A photograph of three construction workers on a job site. They are wearing yellow hard hats and orange safety vests over plaid shirts. The worker in the center is smiling broadly and holding a pair of work gloves. The worker on the left is looking towards him, and the worker on the right is also smiling and looking towards the center. The background is a blurred construction site.

There is a great opportunity to proactively prevent type 2 diabetes in the workforce.

Offering the National DPP lifestyle change program as a covered benefit through employers will lead to exponentially greater reach.

The people impact

- Total number of employees
- Total number with diabetes
 - 1 in 10 have type 2 diabetes
- Total number with prediabetes
 - 1 in 3 have prediabetes

Start by **estimating the impact** diabetes prevention can have on your employees and your costs.

Potential for Cost Avoidance

- Medical costs
 - Hospitalizations
 - Dr. visits
 - Complications
- Pharmacy costs
 - Diabetes supplies
 - Insulin
- Lost time from work
 - Presenteeism
 - Absenteeism
 - Disability

Start by **estimating the impact** diabetes prevention can have on your employees and your costs.

Find out if your health plan, PBM, or another vendor already offers the National DPP lifestyle change program as a benefit.

WHO

Who should you talk to?

- Start with the account manager at your health plan.
- If you normally talk with an insurance broker instead of directly with a health plan account manager, your broker can facilitate a conversation with the health plan provider. The health plan account manager may invite other subject matter experts as needed.

WHAT

Does your health plan offer the National DPP lifestyle change program as a covered benefit?

Medical billing codes for the National DPP lifestyle change program are 0403T for in-person programs and 0488T for online programs. For more information, see [Coding and Billing for the National DPP Lifestyle Change Program](#).

If your health plan offers this benefit, ask for details, such as:

- Eligibility requirements, like blood tests or diagnosis by a doctor.
- In network and out-of-network considerations.
- High deductible health plans.
- Types of coverage offered, such as administrative only vs fully insured.
- Pre-authorization, co-pays, and related issues.

WHEN

When should you talk to your health plan provider?

- Talk to your health plan provider several months before you want to launch the National DPP lifestyle change program. You may be able to launch the program before your annual benefit renewal period.
- If your provider doesn't already cover this program, the annual benefit renewal period may be a good time to discuss adding it.

EMPLOYER NETWORK

Preventing Type 2 Diabetes, One Workplace at A Time

About the Employer Network

The NACDD Employer Learning Collaborative (ELC) [Employer Network](#) is a unique opportunity for employers to work together as health innovators implementing diabetes prevention efforts and leading the way to improved workforce health across the country. The ELC Employer Network is open to all employers who are interested in pursuing employer coverage of the National Diabetes Prevention Program (National DPP) lifestyle change program.

The Employer Network is facilitated by [National Association of Chronic Disease Directors](#).
To learn more, email us at nacdd.diabetes@chronicdisease.org.

Join the Employer Network

The ELC Employer Network provides tailored opportunities that will support your commitment to pursuing employer coverage of the National DPP lifestyle change program. Through the ELC Employer Network, you will have the opportunity to share with peer employers and meet with subject matter experts from NACDD and Centers for Disease Control and Prevention. We hope you will join us!

Learn how other benefits professionals and business communities are supporting diabetes prevention.

Follow Up Questions?

Sara Hanlon, MBA
Consultant
shanlon_ic@chronicdisease.org



HealmAtWork.org



The mark “CDC” is owned by the US Dept. of Health and Human Services and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise. The “Diabetes Technical Assistance and Support for State Health Departments” project is supported by the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$6,500,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.