

**July 27, 2020**

## **Diabetes Prevention Program Benefit Implementation**

Dear Provider,

This notice is to inform you that one or more of your assigned patients is on the list of pre-selected, high-needs Health Plan of San Mateo (HPSM) Medi-Cal members who are eligible for the Diabetes Prevention Program (DPP) benefit. DPP is an evidence-based lifestyle change program designed to prevent or delay onset of type 2 diabetes among individuals diagnosed with prediabetes.

HPSM has partnered with Enara Health to provide this benefit to members on this pre-selected list. Patients who choose to participate will learn how to make healthy lifestyle changes to help them meet identified goals. DPP is a 24-month program and is provided at no cost to DPP-eligible members. Program components include (but are not limited to):

- A trained lifestyle coach
- Group support
- Educational materials
- Regular weigh-ins
- Medication therapy review and potential adjustment
- Potential initiation of weight-loss medications when deemed appropriate by Enara Health Clinicians

Over the next few weeks, Enara Health will call members from the pre-selected list to ask if they would like to enroll in the Diabetes Prevention Program with Enara. If one of your patients enrolls, Enara will fax you progress reports throughout their participation in the program.

Your engagement in DPP will help your patient get the most out of the program. If you have any questions about DPP, or about other options that can better meet your patient's needs, please send an email to [psinquiries@hpsm.org](mailto:psinquiries@hpsm.org).

Sincerely,

Health Plan of San Mateo