



We heal and inspire the human spirit.

To: All PCPs
From: IEHP- Health Education
Date: February 21, 2023
Subject: **Skinny Gene Project - Diabetes Prevention Program (DPP)**

Inland Empire Health Plan (IEHP) contracts with the **Skinny Gene Project (SGP)** to offer a free, year-long, evidence-based **Diabetes Prevention Program (DPP)**. The Skinny Gene project offers DPP virtual group classes, via Zoom. **Studies show that those who finish the program can lose weight and prevent type 2 diabetes.**

Who is Eligible?

1. Members at least 18 years old with **ALL** conditions below:
 - Overweight (Body Mass Index ≥ 25 ; ≥ 23 if Asian); and
 - No previous diagnoses of type 1 or type 2 diabetes, and
 - Not pregnant
2. Addition eligibility criteria to be confirmed by SGP staff:
 - A blood test result in the prediabetes range within the past year **and either**:
 - A previous clinical diagnosis of gestational diabetes; **or**
 - A positive risk screen using the CDC Prediabetes Lifestyle Questionnaire (available on the Skinny Gene Project website)

Members must contact The Skinny Gene Project to see if they qualify:

- <https://www.skinnygeneproject.org/enrollment/> or
- Call the Skinny Gene Project at (909) 922-0022*, Monday – Friday, 8am- 5pm
- Email at hello@skinnygeneproject.org

* Please leave a voicemail and an SGP Health Coach will reach out to provide detailed information.

As a reminder, all communications sent by IEHP can also be found at: www.iehp.org > Providers > Plan Updates > Correspondence

If you have any questions, please do not hesitate to contact the IEHP Provider Call Center at (909) 890-2054, (866) 223-4347 or email IEHP's Health Education Department at HealthEd@iehp.org