



**To:** PCPs  
**From:** IEHP – Provider Relations  
**Date:** May 4, 2018  
**Subject:** **Three New Programs to Support Patients**

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IEHP has partnered with Family Service Association (FSA) to offer three new programs to help IEHP Members and the local community live healthier, more active lives and avoid the onset of diabetes. Here's a quick overview of these new resources:

1. **DIABETES PREVENTION PROGRAM (DPP)** is a free, year-long lifestyle change program for eligible IEHP Members with prediabetes only. Based on the CDC's proven National DPP, the program aims to help improve eating and exercising habits to prevent the onset of diabetes. There are 16 classes offered weekly during the first six months, then followed by classes that are held monthly. Classes are available at night and on the weekend. IEHP Members must meet all of the following criteria to be eligible for the program:
  - Must be at least 18 years old
  - Have a Body Mass Index (BMI)  $\geq 25$  ( $\geq 23$  if Asian)
  - Have a blood test result in the prediabetes range within the past year:
    - Hemoglobin A1C test between 5.7% to 6.4%
    - Fasting plasma glucose of 110 to 125 mg/dL
    - Two-hour plasma glucose of 140 to 199 mg/dL
  - Have no previous diagnosis of type 1 or type 2 diabetes (women with previous gestational diabetes are eligible)
  - Have no end-stage renal disease diagnosis
2. **MOBILE FRESH** is a grocery store on wheels with a large selection of fruits, vegetables, and other healthy foods. IEHP Members and the general community can save up to 30 percent off grocery store prices. Mobile Fresh will make stops in:
  - **Riverside County:** Hemet, Jurupa Valley, Menifee, Moreno Valley, Perris, Riverside, and San Jacinto
  - **San Bernardino County:** San Bernardino, Colton, Fontana, Ontario, and Victorville
3. **HEALTHY COOKING CLASSES** are available for free to IEHP Members and the general community in Moreno Valley, San Jacinto, San Bernardino, and Victorville. The classes consist of six weekly sessions and are open to families (adults and children).

To learn more about these new programs, or if you would like program materials to share with your patients, call your IEHP Provider Relations Team at **(909) 890-2054** Monday – Friday, 8am - 5pm.