



To: PCPs
From: IEHP – Provider Relations
Date: September 26, 2018
Subject: **New Diabetes Prevention Program in Riverside County**

IEHP has partnered with the Skinny Gene Project (SGP) to offer a free Diabetes Prevention Program (DPP) to help eligible IEHP Members in Riverside County live healthier, more active lives and avoid the onset of diabetes.

IEHP's DIABETES PREVENTION PROGRAM (DPP) is a free, year-long lifestyle change program based on the Centers for Disease Control and Prevention (CDC) proven National DPP. The program helps IEHP Members with prediabetes improve eating and exercise habits to help prevent diabetes. Classes are taught by a Lifestyle Coach who will support your IEHP patients throughout the program and help them reach their health goals.

Who is eligible?

Your IEHP patients must meet all of the following criteria to be eligible for DPP:

- Be at least 18 years old
- Have a Body Mass Index (BMI) ≥ 25 (≥ 23 if of Asian descent)
- 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

DPP class will be taught by the Skinny Gene Project at the IEHP Community Resource Center – Riverside which is located at 3590 Tyler Street, Suite 101, Riverside, CA 92503 (across from Galleria at Tyler).

As a reminder, all communications sent by IEHP can also be found on our Provider portal at the following address: <https://ww3.iehp.org/en/providers/correspondence/>.

If you have any questions, please do not hesitate to contact the IEHP Provider Relations Team at (909) 890-2054.