YOUR MEMBER HANDBOOK HAS BEEN CHANGED TO INCLUDE MORE SERVICES

National Diabetes Prevention Program (NDPP) Services

If you are at risk for developing type 2 diabetes, Affinity Health Plan covers services that may help.

Starting February 1, 2020, Affinity Health Plan will cover diabetes prevention services through the National Diabetes Prevention Program (NDPP). This benefit will cover 22 NDPP group training sessions over the course of 12 months.

The National Diabetes Prevention Program is an educational and support program designed to assist at-risk people from developing type 2 diabetes. The program consists of group training sessions that focus on the long-term, positive effects of healthy eating and exercise. The goals for these lifestyle changes include modest weight loss and increased physical activity. NDPP sessions are taught using a trained lifestyle coach.

Eligibility

You may be eligible for diabetes prevention services if you have a recommendation by a physician or other licensed practitioner and:

- Are at least 18 years old,
- Are not currently pregnant,
- Are overweight, and
- Have not been previously diagnosed with type 1 or type 2 diabetes.

You must also meet one of the following criteria:

- You have had a blood test result in the prediabetes range within the past year, or
- You have been previously diagnosed with gestational diabetes, or
- You score 5 or higher on the CDC/American Diabetes Association (ADA) Prediabetes Risk Test.

Talk to your doctor to see if you qualify to take part in the NDPP.

To learn more about these services, call Member Services at 866.247.5678 (TTY: 711).