



## Resources for Providers of the National DPP in Virginia

### **Recruitment**

#### **[PreventT2 Marketing Resources for Recruiting and Retaining](#)**

Use these tools and guidance to help recruit participants, encourage health care professionals to refer eligible patients to your program, and engage local employers and insurers in dialog about offering CDC-recognized lifestyle change programs as a covered health benefit.

**[Engaging physicians and providers](#)** Engaging physicians and care teams is essential for creating a successful diabetes prevention strategy. This resource offers tips for facilitating impactful events, including webinars, lunch and learns and in-person presentations. The AMA is in the process of developing additional resources to support your physician engagement activities.

#### **[How Pharmacists Can Participate](#)**

Access the “Rx for the National Diabetes Prevention Program: Action Guide for Community Pharmacists,” which is designed to help community pharmacists and members of the pharmacy workforce reach people at high risk of developing type 2 diabetes who could benefit from the National DPP lifestyle change program

Videos

#### **[Testimonials from Participants](#)**

See success stories from past participants of CDC-recognized lifestyle change programs.

### **Retention**

**[Retention Tool](#)** This web-based tool helps motivate participants in lifestyle change programs to stay on track, stick with the program, and reach their health goals.

**[Personal Success Tool \(PST\) Modules](#)** Share the links to the interactive motivational modules with your class participants after the appropriate sessions to keep participants engaged. Use the [Quick Reference Guide pdf icon](#)[PDF – 251 KB] to help you organize your schedule. Explore all the [Personal Success Tools](#).

### **Referral**

#### **AMA Diabetes Prevention Toolkit**

Health care teams can use these materials, developed by the American Medical Association (AMA), to help prevent type 2 diabetes by referring patients to an in-person or online CDC-recognized lifestyle change program. The [AMA Diabetes Prevention Toolkit](#) provides tools and resources for the health care team, such as billing codes,



information on how to optimize your electronic health record for diabetes prevention, and fact sheets about prediabetes and the National DPP.

**Using your HER:** Optimize your EHR for Prediabetes and diabetes prevention. Access resource [here](#)

## **Reimbursement**

**[Billing Codes for screening and management prediabetes.](#)** This document outlines some of the relevant ICD-10 and CPT codes for diabetes prevention that can be used by physicians to document diagnoses in the medical record and for billing.

**[CPT Code Guidance](#)** This document provides insight on billing methods and CPT® (Current Procedural Terminology) codes for organizations that offer a National Diabetes Prevention Program lifestyle change program, which can be used for billing, claims, or reporting purposes by key stakeholders. Frequently asked questions regarding CPT® codes are also addressed.

### **[Diabetes Prevention Impact Toolkit](#)**

Use this tool to project the health and economic effects of CDC-recognized lifestyle change programs on populations at risk for diabetes.

### **[AMA DPP Cost Saving Calculator](#)**

Calculate your potential medical costs savings from providing CDC-recognized lifestyle change programs as a covered benefit.

### **[National DPP Coverage Toolkit](#)**

This online tool can help State Medicaid Agencies, Medicaid managed care organizations, commercial health plans, and employers understand the mechanics of offering the National DPP lifestyle change program as a covered benefit for their beneficiaries/members/employees at high risk for type 2 diabetes.

## **MDPP Resources developed for Virginia**

- MDPP Resource Sheet [link](#)
- MDPP Steps to become a Medicare supplier [Link](#)
- MDPP Performance based payment system [Link](#)
- MDPP Billing Codes [Link](#)



## **Supplemental Lifestyle Coach training (free)**

Link to video page: <https://med.virginia.edu/vcdpe/lifestyle-coach-training/education-videos/>

**Strategies to Sustain Weight Loss:** This 49 minute webinar, by Linda Delahanty, MS, RD, shares insights from the DPP Research Trial on how to maximize weight loss and weight maintenance. This presentation was part of the 2019 Annual NDPP Meeting in Virginia

**Nutrition 101:** A 19 minute learning module by Viola Holmes, MS, RD, CDE, covers the basics of healthy eating for disease prevention and overall health.

**How Physical Activity affects Weight Loss.** A 16 minute learning module by Rebecca Jolin, MS, answers 4 common questions posed by National DPP participants regarding physical activity and lifestyle change

**Building your participant's Self-Efficacy:** A 18 minute learning module, by Anne Wolf, MS, RD, reviews what is self-efficacy and four approaches to building it in your National DPP participants.

**Building Rapport and Trust:** A 15 minute learning module, by Anne Wolf, MS, RD, discusses nine key things you can do to establish rapport and build trust in order to maximize your program retention.

## **Additional Resources for Lifestyle Coaches and Programs**

Evidence-based Diabetes Prevention Fact sheet (one page for providers). [Link](#)