Resources for Providers of the National DPP in Virginia - 2023

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## **Understanding the National DPP and starting a program**

[Program Provider Road Map:](https://nationaldppcsc.cdc.gov/s/article/Lifestyle-Coach-Program-Coordinator-and-Program-Provider-Journey-Road-Maps) A downloadable document that provides a roadmap with links to resources and the 11 steps and milestones of a Program Provider’s journey in launching their program, maturing their program, and continuing program success.

[Lifestyle Coach and Program Coordinator Roadmap:](https://nationaldppcsc.cdc.gov/s/article/Lifestyle-Coach-Program-Coordinator-and-Program-Provider-Journey-Road-Maps) A downloadable document that provides a roadmap with links to resources to help Lifestyle Coaches and Program Coordinators with the 6 steps and milestones in their journey of understanding the National DPP and Customer Service Center (CSC), preparing to offer the National DPP, delivering the National DPP, and utilizing continued support.

[Prevent T2 Curriculum.](https://nationaldppcsc.cdc.gov/s/article/National-DPP-PreventT2-Curricula-and-Handouts) A link to the 2021 updated Prevent T2 curriculum, including the Coaches and participants guides in English and Spanish.

**Diabetes Prevention Recognition Program Standards, (DPRP, 2021).** This document describes the DPRP Standards for type 2 diabetes prevention lifestyle change programs, and explains how an organization may apply for, earn, and maintain recognition. [English version](https://nccdphp.my.salesforce.com/sfc/p/#t0000000TZNF/a/t0000001Nky3/umpdt60_FdxVk5H8GqpsUJtNpznbIH4KE7x3M0TJPeA) and [Spanish version](https://nccdphp.my.salesforce.com/sfc/p/#t0000000TZNF/a/3d000000eOmy/YEJjzf2LA5n78XYONiU5hOfjXYFDQZKw4J.OnoboCi4)

## **Recruitment**

[Keys to Success: Recruiting Participants.](https://nccdphp.my.salesforce.com/sfc/p/#t0000000TZNF/a/t0000001NkQk/BhmQotiOVJTYXr7sjxaC248O34eAc1e5bgzTOs8GoGM) This downloadable document provides keys to success in recruiting eligible participants.

[Recruiting in a Virtual Environment.](https://nccdphp.my.salesforce.com/sfc/p/#t0000000TZNF/a/t0000000nnBj/CxqArOgYKJTUUfj9_8mios9FMIvcYx0ZiWJLOMJxH08) This downloadable document provides tips and resources to prepare, kickstart and sustain virtual recruitment into the National DPP Lifestyle Change Program

[PreventT2 Marketing Resources for Recruiting and Retaining](https://www.cdc.gov/diabetes/prevention/resources/index.html)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. Virginia National DPPs have access to a Statewide Marketing Hub. Please contact [Jaelyn Munson](http://am6nf@virginia.edu) to enroll.

[Year-Round Recruitment and Retention Promotional Materials.](https://nationaldppcsc.cdc.gov/s/article/Year-Round-Recruiting-and-Retention-Materials) National Diabetes Prevention Program lifestyle change programs can use these materials to plan and strategize campaigns, create an editorial calendar for social media, and connect with audiences using real testimonials

Sneak Peek into the Lifestyle Change Program

This short, 2 minute video provides an animated overview of the National DPP. Can be used for marketing and recruitment.

Video link: <https://youtu.be/w0NDVI4M_Bs>

Low Resolution Video link: <https://www.cdc.gov/diabetes/prevention/videos/LCP-animated-video-low-res.mp4>

[**Testimonials from Participants**](https://www.cdc.gov/diabetes/prevention/lifestyle-program/testimonials-participants.html)**- Videos**See success stories from past participants of CDC-recognized lifestyle change programs.

[**Program Champion Strategy Toolkit**](https://www.cdc.gov/diabetes/prevention/resources/champion-toolkit.html)

The Program Champion Strategy was designed to support existing recruitment and outreach activities It uses current and past program participants as Program Champions to help recruit new participants into your lifestyle change program.

**CDC’s Recruiting and Enrolling –** [**Faith Based**](https://nationaldppcsc.cdc.gov/s/article/Keys-to-Success-Recruiting-and-Enrolling-Faith-Based)

A tip sheet for Faith Based leaders on recruitment into the National DPP. Provides lessons learned and insights from two CDC-funded organizations and five local sites that are implementing faith-based approaches to recruiting and enrolling participants for the National Diabetes Prevention Program

[Using Digital Strategies to Reach Rural Populations](https://nccdphp.my.salesforce.com/sfc/p/#t0000000TZNF/a/t0000000psui/57s.BjitXOdO2IHXzKo4.0uc2V6fabOhhWK8B5VqpZg) A tip sheet

[Word of Mouth Marketing to Reach Rural Populations](https://nccdphp.my.salesforce.com/sfc/p/#t0000000TZNF/a/t0000000pstg/fMHwfWRbtSCSMKggtuO39pdKkAInSXFivEqWWuAD.Fo) A tip sheet

[CDC’s Discovery Session](https://nationaldppcsc.cdc.gov/s/article/Session-Zero-Guide-for-Live-Videoconferencing) A 60-minute introductory session (also known as Session Zero) designed to help you recruit and enroll participants into the National DPP Lifestyle Change Program. Provides slides and script.

[**A Path 2 Prevention:**](https://diabetespath2prevention.cdc.gov/)P2P bridges the gap between the ADA/CDC Prediabetes Risk Test and enrollment in the National DPP Lifestyle Change Program. P2P is an online resource to help people learn more about preventing type 2 diabetes.

## **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](https://amapreventdiabetes.org/tools-resources) 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.

[Engaging physicians and providers](https://amapreventdiabetes.org/sites/default/files/uploaded-files/amapreventdiabetes_Physician-care-team-engagement.pdf)This resource offers tips for facilitating impactful events, including webinars, lunch and learns and in-person presentations.

[Engaging Health Care Providers as Program Promotion Partners](https://nccdphp.my.salesforce.com/sfc/p/#t0000000TZNF/a/t0000000psud/Cl6nU0R3Bo.pigswnAldeU067ReiQm0sJ_5pVmup7OQ) A road map and tip sheet.

Evidence-based Diabetes Prevention Fact sheet (modified by the Virginia Diabetes Council). [Link](https://med.virginia.edu/vcdpe/wp-content/uploads/sites/287/2019/03/Diabetes-Evidence-Based-Facts-Sheet-2018.pdf)

## **Retention**

[Personal Success Tool (PST) Modules](https://www.cdc.gov/diabetes/prevention/resources/personal-success-modules.html) 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]](https://www.cdc.gov/diabetes/prevention/pdf/PST_quick_reference-guide-508.pdf) to help you organize your schedule.

[Increasing Participant Retention Tip Sheet.](https://nccdphp.my.salesforce.com/sfc/p/#t0000000TZNF/a/t0000000iukQ/a1osVd4xGZI.Pjcj4ROlFNDb6C9QgxmMVtZzyUj3MaI) Programs with a proven record of successfully retaining eligible participants have shared the following tips and lessons learned from their experiences.

[Keys to Success: Using Program Supports for Retention.](https://nationaldppcsc.cdc.gov/s/article/Keys-to-Success-Using-Program-Supports-for-Retention) This tip sheet provides lessons learned and insights from organizations that used program supports (sometimes called incentives) to retain participants in their lifestyle change programs.

## **Reimbursement**

## [National DPP Coverage Toolkit](https://coveragetoolkit.org/) This online toolkit was developed to provide information about the mechanics of covering the National Diabetes Prevention Program (National DPP) lifestyle change program.

[**Billing Codes for screening and management prediabetes.**](https://amapreventdiabetes.org/sites/default/files/uploaded-files/18-302297IHO%20STAT%202.0%20ICD%20and%20CPT%20Codes.pdf)This document outlines some of the relevant ICD-10 and CPT codes for diabetes prevention that can used by physicians to document diagnoses in the medical record and for billing.

[**CPT Code Guidance**](https://amapreventdiabetes.org/sites/default/files/uploaded-files/DPP%20CPT-FAQ.PDF)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**](https://nccd.cdc.gov/toolkit/diabetesimpact)Use this tool to project the health and economic effects of CDC-recognized lifestyle change programs on populations at risk for diabetes.

**Medicare Diabetes Prevention Program** Virginia has developed a MDPP Learning Collaborative where we share resources and experiences regarding becoming a MDPP supplier and provider. If interested in joining, please email Anne Wolf at [amw6n@virginia.edu](mailto:amw6n@virginia.edu)

* Up-to-date resources from CMS about the Medicare DPP are found [here](https://innovation.cms.gov/innovation-models/medicare-diabetes-prevention-program)

## **Distance Learning Delivery**

[CDC’s Using Telehealth Technologies in Diabetes Prevention and DSMES.](https://nccdphp.my.salesforce.com/sfc/p/#t0000000TZNF/a/3d000000Bl4w/kyo5OeOEBRtEuUOuL5rAUOfvwrYnkI1SOxfrxQuGzBg) A guide for using telehealth in DSMES and National DPP LCP.

[Managing a Virtual Class.](https://nccdphp.my.salesforce.com/sfc/p/#t0000000TZNF/a/t00000013xri/MJT.FYAPobTyEBUbzOoYRwRm3SJwOW8c8FKZjUhOK9E) This downloadable handout provides Lifestyle Coaches with guidance and tips to successfully deliver the National Diabetes Prevention Program lifestyle change program virtually.

**[CDC’s Virtual Recruitment Toolkit:](https://nationaldppcsc.cdc.gov/s/article/Virtual-Recruitment-Toolkit)**

Provides guidance on how to effectively recruit program participants in a virtual or remote environment. The toolkit comprises resources, tips, and examples of organizations that have found creative ways to market their programs.

VCDPE’s Free Resources on Telehealth Delivery of the National DPP are [here](https://med.virginia.edu/vcdpe/educational-resources/tele-education-videos/) including,

* Prevent T2 Slide Decks (English and Spanish) for DL Delivery
* Recorded webinars

## **Advanced Training**

[**VCDPE Trainings**](https://med.virginia.edu/vcdpe/lifestyle-coach-training/coming-soon-distance-learning-advanced-training/)

Lifestyle coaches are required to take two-hours of Advanced Training on topics relevant to the National DPP (nutrition, physical activity, coaching, weight loss, program delivery, retention, diversity and equity). See VCDPE’s Advanced Training offerings (site opens February, 2023)

## **CDC Toolkits**

[**Faith Leaders**](https://www.cdc.gov/diabetes/professional-info/toolkits/faith-leaders.html#spread) **Toolkit for Diabetes Prevention & Management**

[**Pharmacists Toolkit:**](https://www.cdc.gov/diabetes/prevention/pharmacist/action-guide.html)

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

**Working with** [**Employers and Insurers**](https://nationaldppcsc.cdc.gov/s/article/Promotional-Materials-for-Employers-and-Insurers)**:** Promotional Material. Materials to help you promote your lifestyle change program to employees, employers, and insures.