



## Lifestyle Management/Wellness Programs *Diabetes Prevention Program (DPP)*

**NEW PROGRAM!**

Highmark Health Options has partnered with the YMCA of Delaware to provide the Diabetes Prevention Program to our members.

Eligible members are able to participate in a 12-month lifestyle change Program if they meet standardized identification criteria set by the Centers for Disease Control and Prevention. This includes being at least 18 years of age, a body mass index (BMI)  $\geq 25$  ( $\geq 23$  if Asian), and identification of risk factors like family history and/or sedentary lifestyle.

The Program is designed for members at risk of developing diabetes; therefore, members *with diabetes are not eligible* to participate. During the Program, participants meet in group sessions to develop skills to improve eating habits, increase physical activity and cope with setbacks. Sessions are led by a Lifestyle Coach who is trained specifically for the Program.

**If you have a Highmark Health Options member who may be eligible for the Diabetes Prevention Program, please have them call:**

**The YMCA of Delaware  
Healthy Living Department  
302-572-9622**

For any other questions/concerns;  
Please contact Highmark Health Options  
Care Management Team @ 844-325-6251, or visit our website:  
[highmarkhealthoptions.com](http://highmarkhealthoptions.com)