

# Diabetes Prevention Program Coverage: The U of M Journey



HUMAN RESOURCES  
BENEFITS OFFICE  
UNIVERSITY OF MICHIGAN

Marsha Manning, MLIR, BSN, RN  
Manager, Medical Benefits and Strategy  
Michigan Diabetes Prevention Network meeting  
10/28/15

- Education, Research and Clinical Excellence
  - 19 Schools and Colleges
  - 61K students across three campuses (44K on Ann Arbor Campus)
  - \$1.3 billion in research expenditures in 2014
  - UM Health System: three hospitals (993 beds) and 40 outpatient sites
- ~40K employees; ~100K covered lives
- HR/Benefits part of the Business and Finance organization: 'We Make Blue Go'
- 2014 UM Health Care expenditures = \$363M

# U of M: Why Diabetes Prevention?



- ~ 4.5% of covered non-Medicare UM adults have been diagnosed with type II diabetes
  - These diabetics account for 17% of UM health care costs
  - We know that there are more diabetics out there who have not been diagnosed...
- Health care costs for type II diabetics are 3X the cost compared to those without diabetes
- Impacts on quality of life and productivity
- Business case\* for implementing DPP:
  - Program projected to break even after five years
  - Net projected cost avoidance at year 10 is ~ \$3 million

\* Based on “Estimated Federal Impact of H.R. 962/S.453 “The Medicare Diabetes Prevention Act”, Feb. 2014

- Initiated pilot program to cover DPP in U of M's largest self-insured health plan August 2015
  - Estimate 18K prediabetics in the adult Premier Care population of ~ 65K
- Face to face and on-line DPP options are offered
  - National Kidney Foundation of Michigan
  - YMCA of Ann Arbor
  - UM Health System Metabolic/Endocrine/Diabetes (MEND) Clinic
  - Omada Health *Prevent* (on line)

- Phase I Implementation (August-December 2015)
  - Use existing data: focus on those with prediabetes diagnosis or elevated HbA1c results (~ 3000 members)
  - Carrier (BCN) identified members from claims and lab data
    - HbA1c between 5.7%-6.4%
    - Diagnosis codes 790.21, 790.22 or 790.29
  - Members were invited (by mail) to participate in DPP at no cost
  - PCPs also received information about DPP and their members who were invited
  - Follow up letters will be sent to members who did not enroll by the end of October
  - Initial Phase I enrollment ~ 100 members



P.O. Box 5043  
Southfield, MI 48066-5043



HUMAN RESOURCES  
**BENEFITS OFFICE**  
UNIVERSITY OF MICHIGAN

<Month> <Date>, 2015

<Member name>  
<Address>  
<Address line 2>  
<City, State Zip>

Dear <Member name>:

We'd like to let you know about a new benefit available to you as a U-M Premier Care member through a pilot program. As part of U-M's commitment to your health, Premier Care will now cover participation in a Diabetes Prevention Program that is recognized by the Centers for Disease Control and Prevention **at no cost to you**.

The Diabetes Prevention Program is a year-long lifestyle change program that's been proven to reduce the risk of developing diabetes through realistic weight loss and activity goals. You are being invited to participate because our records show that you had a medical test or diagnosis that is consistent with prediabetes, or higher than normal blood sugar. Prediabetes can be effectively managed by the Diabetes Prevention Program. The program is offered at various locations and times or online through these organizations:

- **National Kidney Foundation of Michigan (in person, multiple locations)**  
[nkfm.org/um](http://nkfm.org/um)\* or 734-476-7963
- **Ann Arbor YMCA (in person)**  
[annarborymca.org/ydpp](http://annarborymca.org/ydpp)\* or 734-661-8043
- **University of Michigan Division of Metabolism, Endocrinology & Diabetes-  
Outpatient Diabetes Education Program**  
<http://www.uofmhealth.org/medical-services/diabetes-prevention-program> or  
734-998-2475, option 2
- **Omada Health's *Prevent* Program (online)**  
[preventnow.com](http://preventnow.com)\* or 888-409-8687

To get started, contact any of the organizations above directly and let them know you're a U-M Premier Care member. Visit [hr.umich.edu/diabetes-prevention](http://hr.umich.edu/diabetes-prevention) for more information about choosing a program, prediabetes, and the Diabetes Prevention Program. You may also call one of our nurses at (248) 455-2703 with any questions.

As always, we encourage you to discuss any health concerns with your primary care physician, who has received a copy of this letter. We wish you the best on your journey to good health.

Sincerely,

Marc D. Keshishian, M.D.  
Senior Vice President and Chief Medical Officer

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P.O. Box 5043  
Southfield, MI 48086-5043



<Month> <Date>, 2015

<Physician First Name> <Physician Last Name> <Degree>  
<Address 1> <, Address 2>  
<City>, <State> <Zip>

Dear Dr. <Physician Last Name>:

We recently reached out to let you know that patients who have U-M Premier Care coverage administered through BCN Service Company and meet clinical criteria for prediabetes may now participate in a certified Diabetes Prevention Program with **no out-of-pocket costs** as part of a pilot program at the University of Michigan.

One or more of your patients has been identified through laboratory or claims data and invited to participate in the program. To be eligible to participate in the program as a fully covered benefit under U-M Premier Care, a patient must meet all of the following criteria:

- U-M Premier Care member
- Age 18 to 64
- Does not have diabetes
- Has had a diagnosis of prediabetes in the past three years (diagnosis code 790.21, 790.22, or 790.29) OR an HbA1c result between 5.7 and 6.4 percent in the past three years

A list of your eligible patients is included with this letter, along with a sample of the information they have received. You may refer additional patients who meet the above criteria to the program by calling 248-455-2703.

The Diabetes Prevention Program is a year-long, evidence-based lifestyle change program led by the Centers for Disease Control and Prevention (CDC). Research funded by the National Institutes of Health found that the program cut participants' risk of developing type 2 diabetes by 58 percent through realistic weight loss and activity goals. The program is offered locally through partner organizations that include the National Kidney Foundation of Michigan, the Ann Arbor YMCA, and the University of Michigan Division of Metabolism, Endocrinology & Diabetes, as well as online through Omada Health. More information from the CDC about the Diabetes Prevention Program is available at [cdc.gov/diabetes/prevention](http://cdc.gov/diabetes/prevention).

As a valued partner in our members' health care, please encourage your eligible patients to participate in this important program. For additional information, visit [hr.umich.edu/diabetes-prevention](http://hr.umich.edu/diabetes-prevention) or contact the BCN Quality Management Department at 248-455-2703.

Sincerely,

Marc D. Keshishian, M.D.  
Senior Vice President and Chief Medical Officer

[bcbsm.com](http://bcbsm.com)

- Phase II 1/1/16-6/30/16
- Continue to use existing data to identify potential participants:
  - Refresh phase I data identifying members with elevated HbA1c or prediabetes diagnosis
  - Utilize algorithm developed by McEwen, Adams, Schmittiel, Ferrera, Selby and Herman to identify those at significant risk for prediabetes
  - Once high risk population is identified, develop process for confirmation of prediabetes via HbA1c and invite members to DPP



- Phase II algorithm\* will utilize:
  - Demographic data
    - Age/gender/race (where available)
  - Claims data (CPT or ICD9)
    - Obesity; hypertension; dyslipidemia, GDM; PCOS; CVD
  - Rx data
    - Metformin; antihypertensive; lipid lowering
  - Lab data (where available)
  - Clinical data (where available)

\*'Screening for impaired fasting glucose and diabetes using available health plan data';  
McEwen, Adams, Schmittiel, Ferrera, Selby and Herman; J Diabetes Complications,  
2013 Nov-Dec; 27(6): 580-7

- Phase III scheduled to commence 7/1/16
- Will refresh Phase I and Phase II data and invite additional members identified using existing data
- Implement broad communication campaign regarding prediabetes to Premier Care population
- Encourage use of CDC screening tool
- Establish process to confirm prediabetes via HbA1c testing
  - Via PCP office or possible 'health fair' format
- Invite all confirmed prediabetics to participate in DPP



- UM Leadership support: Strong
- Data: Identifying those at risk through claims and clinical data (Phase I and Phase II)
- Communications: Highlighting risk in a positive way to encourage engagement
- Health Plan: New implementation area
- Work flow: Engaging members and the primary care network without creating access/workflow issues

# Questions?

Thank You!

Contact information:

Marsha Manning

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734-764-2045