

Access to Healthcare Network's Diabetes Prevention Program (DPP) is a yearlong lifestyle intervention program aimed at improving clinical, behavioral, and quality of life outcomes among individuals at risk for Type 2 Diabetes. *For more information on the Diabetes Prevention Program, please refer to page 2.*

**Patient Information**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender:  Male  Female Language:  English  Other: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Other Phone \_\_\_\_\_ E-mail address \_\_\_\_\_

Primary Payer Source (Health Insurance) \_\_\_\_\_ Primary Care Provider/Practice \_\_\_\_\_

**Diagnosis/Reason for Referral**

- Pre-Diabetes  History of Gestational Diabetes  
 Other (please explain): \_\_\_\_\_

**Labs**

**Please list or attach all relevant labs (FBG, A1C, OGTT) to support patient eligibility and outcomes monitoring.**  
Refer to page 2 for program eligibility and coverage requirements.

- Fasting Blood Glucose (mg/dL): \_\_\_\_\_ Date: \_\_\_\_\_  
 Hemoglobin A1c (%): \_\_\_\_\_ Date: \_\_\_\_\_  
 2-hour plasma glucose (mg/dL): \_\_\_\_\_ Date: \_\_\_\_\_

**Current Treatment Plan**

- Diet  Oral Medication (specify): \_\_\_\_\_  
 Exercise  Other (specify): \_\_\_\_\_

**Anthropometrics**

Date Measured: \_\_\_\_\_ Height (in.): \_\_\_\_\_ Weight (lb.): \_\_\_\_\_ BMI: \_\_\_\_\_

**Barriers to Learning**

*Please indicate any existing barriers requiring customized training*

- Mobility impairment  Vision impairment  Hearing impairment  
 Cognitive impairment  Language barrier  Learning disability  
 Other (please specify): \_\_\_\_\_

**Provider Name:** \_\_\_\_\_

**NPI #** \_\_\_\_\_

**Group Practice:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Provider Signature:** \_\_\_\_\_

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

## About the Diabetes Prevention Program

Access to Healthcare Network's Diabetes Prevention Program (DPP) is a Center for Disease Control (CDC) approved program designed to help individuals at risk of developing type 2 diabetes better manage their health, lose weight, and prevent the onset of diabetes. Under the guidance of a Registered Dietitian and trained Lifestyle Coaches, workshop participants acquire the knowledge, skills, and tools needed to successfully manage their weight and make small, meaningful changes to their eating habits, physical activity, and lifestyle patterns. The small group format offers a supportive environment in which participants can learn from, share, and support others with similar goals.

The Diabetes Prevention Program consists of 26 sessions over the course of a year. Sessions meet weekly for the first 16 weeks, then twice a month for two months (four sessions), and monthly for the last six months (six sessions).

Topics covered in the program include:

- Healthy eating and nutrition
- Cooking healthy food (cooking demonstrations)
- Becoming and staying active
- Successful methods for weight loss
- Stress management
- Better sleep
- Communication with your healthcare providers
- Effective symptom management and coping skills
- Goal setting, decision making, and problem solving

## Program Eligibility Requirements

In order to be eligible to receive this service, Access to Healthcare Network must receive a **written referral** (see attached) from the patient's treating physician or a qualified non-physician practitioner (e.g. nurse practitioner, physician assistant, clinical nurse specialist, or advanced nurse practitioner). This form must be completed in its entirety, including all requested labs.

To be eligible for referral to a CDC-recognized lifestyle change program, patients must:

- Be at least 18 years old and
- Be overweight (BMI  $\geq 25$ ;  $\geq 23$  if Asian) and
- Not be pregnant and
- Have no previous diagnosis of type 1 or type 2 diabetes and
- Have one of the following blood test results *within the past 12 months*:

Test	Value
Fasting Blood Glucose	110 – 125 mg/dL
Hemoglobin A1C	5.7 – 6.4%
2-Hour Post-Glucose Challenge	140-199 mg/dL

**Note: Failure to attach supporting labs  
may result in denial of services.**