



# Diabetes Prevention Program Instructions

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U-M Premier Care Members who have prediabetes can join the Diabetes Prevention Program to decrease the risk of diabetes through weight loss and increased activity with no out-of-pocket cost.

## **What is the Diabetes Prevention Program?**

The Diabetes Prevention Program helps you make changes to improve your health for the rest of your life. You will be a member of a supportive, small group that meets weekly with a diabetes prevention coach for 16 weeks. The program is followed by 8 monthly check-in sessions. Research shows that the program helps participants lower their risk of diabetes by helping them lose weight, and maintain an active life.

## **How much does it cost?**

Nothing. The program is offered for eligible U-M Premier Care members with no out-of-pocket costs.

## **How do I get started?**

The Diabetes Prevention Program is offered in-person or online. Contact any one of the program providers below for information on program times, availability and how to enroll. You will need your U-M Premier Care ID number to enroll. You may also need to provide the date and result of your most recent A1C blood test so that the provider can confirm your eligibility for the program with Blue Care Network (BCN).

### **Omada Health (online program)**

Website: <https://go.omadahealth.com/bcnmi>

Email: [support@omadahealth.com](mailto:support@omadahealth.com)

Phone Number: (888) 409-8687

## **Ann Arbor YMCA**

Website: <https://www.annarborymca.org/health-management-programs/diabetes-prevention-program/>

Email: [ttinkham@annarborymca.org](mailto:ttinkham@annarborymca.org)

Phone number: (734) 661-8043

## **University of Michigan Division of Metabolism, Endocrinology & Diabetes (MEND) Outpatient Diabetes Education Program**

Website: <https://uofmhealth.org/conditions-treatments/diabetes-prevention-program>

Email: [MEND-diabetes@med.umich.edu](mailto:MEND-diabetes@med.umich.edu)

Phone number: (734) 998-2475 option 2

## **Diabetes Prevention Center**

Website: <http://nkfm.org/UM>

Email: [preventdiabetesUM@nkfm.org](mailto:preventdiabetesUM@nkfm.org)

Phone number: (734) 476-7963

## **Where can I get more information?**

Visit the University of Michigan Human Resources Diabetes Prevention Program page for complete information: <https://hr.umich.edu/diabetes-prevention>.

## **What number can I call if I have questions?**

Contact BCN Quality Management at (248) 350-6242 if you have any questions.

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