

# Provider Bulletin

## Diabetes Prevention Program (YMCA of Delaware)

### Attention, AmeriHealth Caritas Delaware providers:

AmeriHealth Caritas Delaware has partnered with the YMCA of Delaware to help our members reduce the risks of developing chronic conditions, including type 2 diabetes. The YMCA's Diabetes Prevention Program is a yearlong structured lifestyle and health behavior change program consisting of 25 one-hour group sessions. It is available at no cost to AmeriHealth Caritas Delaware members (ages 18 and older) who meet program eligibility criteria.

### To qualify for the YMCA's Diabetes Prevention Program, participants must meet the following criteria:

- 18 years of age or older.
- Not pregnant.
- Overweight (BMI > 25 or BMI > 23 for Asian individuals).
- Not diagnosed with type 1 or type 2 diabetes or ESRD (end-stage renal disease).

### And have one of the following:

- Qualifying risk score as determined by the risk assessment. The score must be 9 or greater. The CDC Prediabetes Screening Test is available at <https://www.cdc.gov/diabetes/prevention/pdf/prediabetes-screening-test-tag508.pdf>.
- Previous diagnosis of gestational diabetes.
- Diagnosed within the last year with prediabetes via a qualifying blood test value:
  - HbA1c value of 5.7 percent to 6.4 percent.
  - Fasting glucose of 100 to 125 mg/dL.
  - Two-hour plasma glucose of 140 to 199 mg/dL.

### Additional resources:

- To learn more about the program, contact the YMCA of Delaware's Healthy Living Department at 1-302-572-9622 or [healthyliving@ymcade.org](mailto:healthyliving@ymcade.org).
- Providers may also refer members to the program by completing the Healthcare Provider Referral form at [https://ymcadedfhbf.formstack.com/forms/diabetes\\_referral](https://ymcadedfhbf.formstack.com/forms/diabetes_referral).

Please visit <https://www.ymcade.org/preventdiabetes> for a full overview of the program, eligibility criteria, class locations and schedules, and additional diabetes prevention resources.