### Program Type

<table>
<thead>
<tr>
<th>Program Type</th>
<th>Prevention</th>
<th>Management</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Program Contact</strong></td>
<td><a href="mailto:wvhealthconnection@gmail.com">wvhealthconnection@gmail.com</a></td>
<td><a href="mailto:amber.d.harper@wv.gov">amber.d.harper@wv.gov</a></td>
</tr>
</tbody>
</table>

### Program Eligibility

**Program Eligibility**

- **Current age ≥ 18 years and**
- **Most recent BMI ≥ 24 (≥ 22 if Asian) and**
- **A positive lab test result within previous 12 months:**
  - HbA1C 5.7–6.4% or
  - FPG 100–125 mg/dL or
  - OGTT 140–199 mg/dL or
- **High-risk for pre-diabetes using CDC or AMA Screening test or**
- **History of gestational diabetes (may be self-reported)**

### Program Description

**Program Description**

#### Program Overview:

- **An evidence-based lifestyle intervention supporting a 58% reduction in the number of new cases of diabetes overall and a 71% reduction in new cases for those over age 60.**
- **Results are achieved through improved nutrition and increased physical activity resulting in weight loss of 5-7%.”**
- **The program empowers patients with prediabetes to take charge of their health and well-being.**
- **A lifestyle coach leads the group meetings by sharing new skills, encouraging goal attainment, and maintaining motivation.”**

#### Content areas include:

- Individual diabetes health process and treatment options.
- Incorporating nutrition management, physical activity, and appropriate medication treatments.
- Proper blood glucose monitoring and using results to improve glucose control to prevent diabetes-related complications.
- Goal setting and problem solving.
- Integrating psychosocial adjustment and prevention care and management during pregnancy (if applicable).

### Cost to Patient

**Cost to Patient (subject to change):**

- Some organizations in WV currently provide the National DPP as a public health service for free, and some charge a small fee. Others may bill Medicare for reimbursement.
- Medicare reimbursement allows for 10 hours (1-2 hours individual counseling and 8-9 hours in a group).
- Often offered with no charge.
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- Program is free and once deductible is met, generic, preferred-brand medications and some supplies are zero co-pay.

### Duration

**Duration**

- A yearlong program consisting of 16 weekly sessions and 6-8 monthly follow-up sessions.
- 1 hour individual and 9 hours group 1st year then 2 hours each following year.
- Approximately 2 hours once a week for 6 weeks.
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- Once a month for first 3 months, then quarterly for first year of enrollment. Second year is based upon current HbA1c.

### Type

**Type**

- Group
- Individual and Group
- Group
- Group
- Individual

### Website

- [https://www.diabeteseducator.org](https://www.diabeteseducator.org)
- [http://professional.diabetes.org](http://professional.diabetes.org)
- [www.peiaf2f.com](http://www.peiaf2f.com)
- [https://ncestino.uc.edu/Deep-Program/2/](https://ncestino.uc.edu/Deep-Program/2/)
- [https://crch.wvsom.edu/SelfManagementPrograms](https://crch.wvsom.edu/SelfManagementPrograms)
- [https://ncestino.uc.edu/Deep-Program/2/](https://ncestino.uc.edu/Deep-Program/2/)
- [https://www.selfmanagementresource.com/programs](https://www.selfmanagementresource.com/programs)
- [https://www.peiaf2f.com](http://www.peiaf2f.com)

### Program Contact Information

- [304-293-0189](tel:304-293-0189)
- [https://ncestino.uc.edu/Deep-Program/2/](https://ncestino.uc.edu/Deep-Program/2/)
- [https://ncestino.uc.edu/Deep-Program/2/](https://ncestino.uc.edu/Deep-Program/2/)
- [natalie.tappe@800.642.8666, ext. 3226](mailto:natalie.tappe@800.642.8666, ext. 3226)
- [sally.hurst@304-793-6554](mailto:sally.hurst@304-793-6554)
- [richard.crespo@304-634-6706](mailto:richard.crespo@304-634-6706)

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