



REDUCING YOUR RISK FOR TYPE 2 DIABETES

You may have heard from your clinician that you have prediabetes and are therefore at risk for type 2 diabetes. The good news? There's something you can do about it!

WHAT IS PREDIABETES?

Prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetes. This condition raises your risk of developing type 2 diabetes, stroke and heart disease.

WHAT CAN YOU DO ABOUT IT?

There's a program that can help you reduce your risk for type 2 diabetes.

The Centers for Disease Control and Prevention (CDC), has developed the Diabetes Prevention Program — or DPP — a program that can help prevent or delay type 2 diabetes.

The goal is to lose a modest amount of weight — just 5-7% — by improving food choices and increasing physical activity. That's 10 to 14 pounds for a person weighing 200 pounds.

WHY SHOULD YOU ACT NOW?

Without weight loss and moderate physical activity, many people with prediabetes will develop type 2 diabetes within five years. Type 2 diabetes can lead to health issues such as heart attack, stroke, blindness, kidney failure, or loss of toes, feet or legs. Now is the time to take charge of your health and make a change.

HOW CAN I GET THE DIABETES PREVENTION PROGRAM?

Your clinician is partnering with Solera Health to provide you with access to the Diabetes Prevention Program (DPP). Through Solera, you'll be able to select the program of your choice.

HOW DOES THE PROGRAM WORK?

Solera offers a number of options for the Diabetes Prevention Program (DPP). You can participate as part of a group or work 1:1 with a coach. You can choose a program that meets in person or one that you can do via your computer or smart phone. Solera will work with you to identify the program that is the best fit for you based on your preferences.

You will learn to eat healthy, add physical activity to your life, manage stress, stay motivated and solve problems.

The program meets weekly for 16 weeks and then monthly for the balance of a year.

HOW DO I GET STARTED?

OPTION 1: **Visit solera4me.com/mdrefer.**

You will be prompted to take a one minute quiz to make sure you're eligible and to match you with the program that's best for you.

OPTION 2: **Call 1-877-486-0141**

You'll speak with a Solera Engagement Specialist who can answer your questions and check your eligibility and program options by phone.

If your clinician refers you, you may receive a phone call from Solera about the Diabetes Prevention Program (DPP), encouraging you to sign up.

WHAT PARTICIPANTS ARE SAYING...

"I love having a lifestyle coach. She has given us great information, helped me stay on track and stay positive!"
—Bruce

"I'm so excited because I went to the doctor last week and all of my numbers were down and I officially no longer have prediabetes."
—Vivien



DIABETES PREVENTION PROGRAM

PATIENT REFERRAL FORM

I would like to refer the patient below for the Diabetes Prevention Program (a Diabetes Risk Reduction and Prevention Course), 16-weekly core sessions for patients ≥ 18 years of age.

ENROLLMENT OPTIONS:

- Patient referred to **solera4me.com/mdrefer** for enrollment
- Patient prefers to call **1-877-486-0141** to complete enrollment process.

Note: all patients should expect a follow up call from Solera.

PHYSICIAN INFORMATION:

PATIENT INFORMATION: *(fill out below or attach information)*

NAME:

NAME *(on ID card):*

ADDRESS:

ID NUMBER *(including alpha prefix):*

HEALTH PLAN NAME:

PHONE:

ADDRESS:

FAX:*

NUMBER OF PAGES INCLUDING THIS FORM:

PHONE:

BIRTH DATE:

EMAIL:

Preferred program for this patient (optional):

NOTES FOR RECOMMENDING PROVIDER:

- We will contact your patient to review program eligibility and options within one week of referral
- Diabetes Prevention Program Information: **solera4me.com/mdrefer**

DIABETES PREVENTION PROGRAM QUALIFICATION REQUIREMENTS *(please select all that apply)*

- BMI ≥ 24 (≥ 22 , if Asian) Height: Weight:
- 18 years of age or older
- Blood-based diagnostic test (check those which apply): Lab Value:
 - A1c: **5.7 - 6.4%**
 - Fasting Plasma Glucose: **100 - 125 mg/dL**
 - 2-hour (75 gm glucose load) Plasma Glucose: **140 - 199 mg/dL**
- History of Gestational Diabetes

PLEASE PLEASE FAX
OR EMAIL THIS FORM TO:

Solera Health, Inc.
Email: mdrefer@soleranetwork.com
Fax: 602-391-2667

Phone: 800-858-1714
1018 W. Roosevelt Rd.
Phoenix, AZ 85007