



Aetna Better Health® of California



COURSE START DATE:

START TIME:

NDPP MDPP MDPP/FFS

DPP PROVIDER NAME:

LOCATION NAME:

DIABETES PREVENTION PROGRAM REFERRAL FORM

I would like to refer the patient below to the **Diabetes Prevention Program (DPP)**, a program focused on diabetes risk prevention and weight loss for patients ≥ 18 years of age.

PHYSICIAN INFORMATION

NAME:

ADDRESS:

PHONE:

FAX:

PARTICIPANT INFORMATION

NAME (on ID card):

ADDRESS:

PHONE:

EMAIL:

BIRTH DATE (mm/dd/yyyy):

GENDER: Male Female

ETHNICITY: Hispanic Latino Not Hispanic Latino Not Reported

RACE: American Indian or Alaska Native Asian or Asian American Black or African American Native Hawaiian or Other Pacific Islander White

HEALTH PLAN NAME:

HEALTH PLAN ID NUMBER:

PARTICIPANT QUALIFICATIONS

Please check all criteria that apply

PARTICIPANT LAB INFORMATION

Blood test results must be within the following ranges

HEIGHT:

WEIGHT:

A1c value between 5.7% - 6.4%

18 years of age or older

BMI >25 (>23, if Asian)

Fasting plasma glucose between 100 - 125 mg/dL (NDPP) or 110 - 125 mg/dL (Medicare)

Diagnosis of gestational diabetes during pregnancy

Oral glucose tolerance test between 140 - 199 mg/dL

CDC or ADA Risk Assessment Test SCORE:

LAB RESULT VALUE:

DATE:

PROVIDER INSTRUCTIONS

Submit forms and any required lab results to Aetna:

- **EMAIL:** AetnaBetterHealthCAPriorAuth@AETNA.com*
- **FAX:** (SD) 844-584-4450 (SAC) 866-489-7441
- **MAIL:** Aetna Better Health of CA: Attn: UM
10260 Meanley Drive
San Diego, CA 92131-3009

EXCLUSIONS: The following diagnoses exclude a patient from participating: End-stage renal disease, type 1 or type 2 diabetes, pregnancy.

*When emailing lab results it must be through an encrypted system.

IMPORTANT WARNING: The documents accompanying this transmission contain confidential health information protected from unauthorized use or disclosure except as permitted by law. This information is intended only for the use of the individual or entity named above. The authorized recipient of this information is prohibited from disclosing this information to any other party unless permitted to do so by law or regulation. If you are not the intended recipient and have received this information in error, please notify the sender immediately for the return or destruction of these documents.



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SOLERA

REDUCING YOUR RISK FOR TYPE 2 DIABETES

Based on your recent health screening, you may qualify for the Diabetes Prevention Program (DPP).

WHAT IS PREDIABETES?

Prediabetes means your blood sugar (glucose) level is higher than normal, but not high enough to be diabetes. This condition raises your risk of getting type 2 diabetes.

Without weight loss and physical activity, many people with prediabetes will develop type 2 diabetes within five years.

WHAT CAN YOU DO ABOUT IT?

Good news — there's a program that can help you reduce your risk for type 2 diabetes. The best part — it may be covered at no cost through your health insurance.

The Diabetes Prevention Program (DPP) teaches you to make small changes that can help you lose weight and lower your chances of getting type 2 diabetes.

WHAT'S INCLUDED IN THE PROGRAM?

- A series of weekly lessons, followed by monthly sessions for the remainder of the program
- A focus on healthier food choices and increased activity levels
- 1-1 interactions with a lifestyle health coach
- A small group for support

HOW CAN I ENROLL IN THE PROGRAM?

Your health care provider is working with Solera Health to connect you with a Diabetes Prevention Program that best fits you.

Your health care provider will submit a referral form to Solera Health on your behalf. Once submitted, you can expect a follow-up call from Solera within one week to let you know if you are qualified and to help you select a program of your choice.

Questions? Call Solera at 1-877-486-0141 (TTY 711), Monday-Friday from 9 am to 9 pm EST.

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