

**National Diabetes Prevention Program (NDPP)
LETTER FROM MEDICAID MANAGED CARE PLAN TO MEMBERS**



<Date>

<Barcode><Letter Code>

<Name>

<Address>

<City>, <State>, <Zip>

Dear <Member>:

This is an important notice about your Medicaid managed care plan benefits. Please read it carefully. If you have any questions, please call us at 1-800-556-0689, TTY 711.

If you are at risk for developing Type 2 diabetes, Amida Care covers services that may help.

Starting **February 1, 2020**, Amida Care will cover diabetes prevention services through the National Diabetes Prevention Program (NDPP). This benefit will cover 22 NDPP group training sessions over the course of 12 months.

The **National Diabetes Prevention Program** is an educational and support program designed to assist at-risk people from developing Type 2 diabetes. The program consists of group training sessions that focus on the long-term, positive effects of healthy eating and exercise. The goals for these lifestyle changes include modest weight loss and increased physical activity. NDPP sessions are taught using a trained lifestyle coach.

Eligibility

You may be eligible for diabetes prevention services if you have a recommendation by a physician or other licensed practitioner and are:

- At least 18 years old
- Not currently pregnant
- Overweight, and
- Have not been previously diagnosed with Type 1 or Type 2 Diabetes.

And, you meet one of the following criteria:

- You have had a blood test result in the prediabetes range within the past year, **or**
- You have been previously diagnosed with gestational diabetes, **or**

- You score 5 or higher on the CDC/American Diabetes Association (ADA) Prediabetes Risk Test.

Talk to your doctor to see if you qualify to take part in the NDPP.

We have updated your member handbook to add these benefits. This update is available on our website at: www.amidacareny.org/for-members/member-handbook/.

Amida Care is here for you

Please call member services at 1-800-556-0689, TTY 711, if you:

- have any questions about this information;
- cannot access the internet to view this update; or
- want to have this update mailed to you.

Sincerely,

Amida Care
Member Services Department

Attachments:
[Notice of Non-Discrimination](#)
[Language Taglines](#)