



# DPAC DIGEST

2019 WINTER ISSUE



## DPAC CHANGES

### New Year - New Structure

We need you! DPAC is looking to its membership for your knowledge, expertise and passion in the Diabetes community. DPAC will convene an Expert Advisory Panel as needed to address changes in science, guidelines or communication needs. Please [complete a short online survey](#) to join our group of content experts.

## SAVE THE DATE

### Diabetes Care Webinars

The Inter Professional Education and Inter Professional Collaboration organizations are offering webinars on Pharmacy, Podiatry, Optometry, Dental and Audiology Collaboration in Diabetes Care. **March focus is on Optometry.** Speaker: Michael R. Duenas, OD, FNAP, Chief Public Health Officer, American Optometric Assn. Registration information at [www.DPACMI.org](http://www.DPACMI.org)

## SALLY JOY AWARD

### Amy Ohmer Honored

Amy Ohmer has been a leader and advocate within the diabetes community for many years. Inspired by the resilience of her daughters fighting the disease, she has been an essential part of our diabetes community in Michigan. Ms. Ohmer received the Sally Joy Award at the Fall DPAC Membership Meeting. Congratulations Amy!

SAVE THE DATE

## 2019 DPAC FORUM THURSDAY, MAY 23

The DPAC Forum is our Coalition's conference platform for learning, networking and outreach. **The Forum will be Thursday, May 23** at The MTG Space, located on the Greater Lansing Realtors campus. Please block your calendar and plan to attend!

# Medicare Diabetes Prevention Program (MDPP) Expanded Model

*CMS is extending its Medicare Diabetes Prevention Program to include both traditional healthcare and community-based programs.*

Have you heard about Medicare coverage of the DPP and interested in learning more? Or maybe you are currently a CDC-recognized DPP and are interested in becoming a Medicare DPP supplier?



The Centers for Medicare & Medicaid Services has a web page dedicated to all things Medicare DPP related! On this page you can:

- Look for a Medicare DPP supplier
- Find answers to frequently asked questions about MDPP
- Stay up to date by subscribing to the Medicare Diabetes Prevention Program listserv
- Find out more information if you or someone you know is a Medicare beneficiary and are interested in Medicare DPP

For more information visit: [Centers for Medicare & Medicaid MDPP](https://innovation.cms.gov/initiatives/medicare-diabetes-prevention-program/)

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## What is the Medicare Diabetes Prevention Program (MDPP)?

The Medicare Diabetes Prevention Program starts with at least 16 core educational sessions over a six-month period.

These group classes are approved by the Centers for Disease Control and Prevention (CDC) and teach Medicare beneficiaries how to make healthy behavior changes to help prevent or delay the onset of diabetes.

The educational sessions offer benefits that include:

- Group support from people with similar challenges and goals
- Lifestyle coaching to help beneficiaries stay motivated
- Weight control strategies
- Exercise tips and strategies

After beneficiaries complete the 16 core sessions, they can take part in additional monthly sessions to help maintain the strategies you learned. The program goal is for beneficiaries to achieve at least **five percent** weight loss.