

# Preventing & Managing Diabetes



## The Diabetes Prevention Program (DPP)

The Diabetes Prevention Program (DPP) is a one-year, small group program that helps participants learn to eat healthy, increase physical activity, and manage stress to prevent or delay Type 2 Diabetes. Employees who are eligible must:

- Have a body mass index (BMI) of 25 or greater (Asian Americans: 23 or greater), AND
- Have prediabetes diagnosed by a blood test, OR
- Have history of gestational diabetes, OR
- Screen positive for prediabetes using the American Diabetes Association risk test.



Emory employees can enroll in a current DPP lifestyle change group or place their name on an interest log for future groups. There is no cost to employees. Visit the [Healthy Emory Diabetes web page](#) for more information.

## Other Resources & Programs

### Aetna Plan Member Resources

**Medical Nutrition Therapy with a Registered Dietitian (preventative services):** No physician referral needed. No cost for employees with Emory medical plan coverage. To locate a dietitian, visit [www.aetna.com](http://www.aetna.com) and log in. Select the *Find Care & Pricing* tab at the top of the page. In the search box, type *Registered Dietitian* to search by zip code.

**NOTE:** Per current Affordable Care Act (ACA) guidelines, Emory's health plan covers the following clinical services: medical nutrition therapy, nutritional counseling (dietitian visit), preventive medicine counseling and/or risk factor reduction intervention, face-to-face behavioral counseling for obesity, and intensive behavioral therapy to reduce cardiovascular disease risk.

**Journeys online programs:** Online programs that allow you to choose what, when and how often you work on your health and wellbeing. Visit [www.aetna.com](http://www.aetna.com) and log in. Select *Health & Wellness* tab. Click *Access Wellness* in the *Stay Healthy* box. Then click on *Enroll in an online health coaching program now* in the *Health Management* box. 1-855-600-0032.

**Health Management Programs:** Chronic and acute condition management telephonic and online support provided by an Aetna nurse. Visit [www.aetna.com](http://www.aetna.com) and log in. Select the *Health & Wellness* tab. Click *Access Wellness* in the *Stay Healthy* box. Then click *Enroll in a Health Management Program* in the *Health Management* box. 1-855-600-0032.

**Healthwise® Knowledgebase:** Health and diabetes articles and resources. Visit [www.aetna.com](http://www.aetna.com) and log in. Select the *Health & Wellness* tab. Click *Access Wellness* in the *Stay Healthy* box. Then click on *Healthwise® Knowledgebase* in the *Health Management* box. 1-855-600-0032.

**Aetna Discounts:** Discounts for Emory medical plan members including blood pressure monitors, gym memberships, weight management programs and more. Visit [www.aetna.com](http://www.aetna.com) and log in. Select the *Health & Wellness* tab, then click *Health & Wellness Discounts* for more information. 1-855-600-0032.

**Maternity Program:** For employees who are currently pregnant and have gestational diabetes. To enroll, go to [www.aetna.com](http://www.aetna.com) and log in. Select the *Healthy & Wellness* tab. Click *Enroll in your Aetna Maternity Program* in the *Wellness Tools* box. 1-855-600-0032.

### Kaiser Plan Member Resources

Stay at your best with healthy resources like wellness classes, many of which are at no cost. Members get many healthy extras that can help you stay informed about ways to live healthier — mind, body, and spirit. Click on the *Healthy Extras* tab at the top of the home page to find information on programs, chronic conditions like diabetes, drugs, and many other resources.

- **Emory University:** <https://my.kp.org/emoryuniversity/>
- **Emory Healthcare:** <https://my.kp.org/emoryhealthcare/>

# Preventing & Managing Diabetes



## Emory Resources

**Emory Diabetes Education Center:** Go to <https://med.emory.edu/departments/medicine/divisions/endocrinology/diabetes-education-center/index.html> or call 404-251-8976.

**Emory Family Medicine Lifestyle Clinic:** Trained providers guide individuals in optimizing healthy habits for nutrition, stress management, and physical activity. Individual appointments and group workshops are available with The Lifestyle Team located at Emory Family Medicine at Dunwoody. 404-778-6920.

## Healthy Emory Resources

**Eat Smart, Move More, Weigh Less (ESMMWL):** a 15-week online weight management program delivered in real-time by a Registered Dietitian Nutritionist (RDN). Visit the ESMMWL [web page](#) for registration information.

**Healthy Emory Connect:** Open to benefits-eligible employees, spouses on an Emory medical plan and pre-65 retirees on an Emory medical plan. Go to [www.healthy.emory.edu/connect](http://www.healthy.emory.edu/connect) to join.

**Healthy Emory:** Find more information about annual wellness initiatives offered by Emory and how to earn medical plan incentives. Visit [www.healthy.emory.edu](http://www.healthy.emory.edu); [healthyemory@emory.edu](mailto:healthyemory@emory.edu); 404-712-3775.

## Additional Resources

**MinuteClinic® inside CVS Pharmacy®:** Provides in-person, one-on-one wellness services to Emory medical plan members in three areas: biometric screening counseling, weight loss and smoking cessation. [www.minuteclinic.com](http://www.minuteclinic.com).

If insured outside of Aetna or Kaiser, contact your insurer to determine coverage for outpatient diabetes programs, medical nutrition therapy with a registered dietitian or insurance-provided disease management.

## Uninsured Resources

**Diabetes Association of Atlanta:** Provides free or low-cost diabetes self-management education in a variety of community locations. Offers an accredited diabetes self-management program and also limited prescription assistance. [www.diabetesatlanta.org](http://www.diabetesatlanta.org); 404-527-7150; [diabetes@diabetesatlanta.org](mailto:diabetes@diabetesatlanta.org).

**Grady Diabetes Clinic:** 80 Jesse Hill Jr Dr SE, Atlanta, GA 30303; 404-616-3730.

**Good Samaritan Clinic:** 1015 Donald Lee Hollowell Pkwy NW, Atlanta, GA 30318; 404-523-6571.

