

## 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. [healthyemory@emory.edu](mailto:healthyemory@emory.edu); 404-712-3775.

## Other Programs

**Medical Nutrition Therapy with a Registered Dietitian (preventative services):** No physician referral needed. No cost for employees with Emory medical plan coverage.

- **Obesity for Adults (age 22+):** 26 visits per rolling 12 months
- **Healthy Diet Counseling (age 22+):** 10 out of 26 visits per rolling 12 months
- **Obesity/Healthy Diet Counseling for children (age 0-21):** no limit

To locate a dietitian, visit [www.aetna.com](http://www.aetna.com) and log in. Select *FIND CARE* at the bottom of the screen. Select *Medical Specialist*, then *More Specialties*. Select *Nutritional Medicine*, then 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 (Aetna or Healthy Emory Connect):** 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 the *Stay Healthy* tab. Under *Health Programs* select *Online Health Programs*. Then click *Launch My Programs* for more information. 1-855-600-0032. You can also log in to Healthy Emory Connect at [www.healthyemory.edu/connect](http://www.healthyemory.edu/connect). Select the "Programs" tab at the top of the homepage.

**Weight Watchers @ Work:** Monthly fee for program. For more information: [www.hr.emory.edu/eu/wellness/weightwatchers/weight-watchers.html](http://www.hr.emory.edu/eu/wellness/weightwatchers/weight-watchers.html); 1-800-651-6000.

**Healthy Emory Connect:** Open to benefits-eligible employees. Go to [www.healthy.emory.edu/connect](http://www.healthy.emory.edu/connect) to join.

**Healthy Emory:** <http://www.healthy.emory.edu>; 404-712-3775.

**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).

**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.

**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 *Stay Healthy* tab, then click *Discounts* for more information. 1-855-600-0032.