



DEPARTMENT OF ADMINISTRATION  
**Office of Employee Benefits**

## **At risk for diabetes? This new program can help!**

The [State's diabetes prevention program](#) (DPP) is returning in 2023! If you are (or think you might be) among the 1/3 of all Rhode Islanders with prediabetes, consider signing up for the State's DPP administered by Blue Cross & Blue Shield of Rhode Island. It's available to you and your age 18+ dependents at no additional cost – you just have to be covered by one of the State's active Anchor medical plans and meet CDC-recommended health criteria. According to the CDC, you are eligible if you meet **ALL 4** of these requirements:

- You are 18 years or older.
- You have a [body mass index \(BMI\)](#) of 25 or higher (23 or higher if you are Asian American).

- You have not been previously diagnosed with type 1 or type 2 diabetes.
- You are not pregnant.

You'll also need to meet **1** of these requirements:

- You had a blood test result in the prediabetes range within the past year (includes any of these tests and results):
  - Hemoglobin A1C: 5.7–6.4%.
  - Fasting plasma glucose: 110–125 mg/dL.
  - 2-hour plasma glucose (after a 75 g glucose load): 140–199 mg/dL.
- You were previously diagnosed with gestational diabetes (diabetes during pregnancy).
- You received a high-risk result (score of 5 or higher) on the [Prediabetes Risk Test](#).

The State's DPP will be available in both a virtual version through Livongo and an in-person program through the Lifespan Community Health Institute. Both versions utilize a CDC-approved curriculum.

***Employees who complete 20 of 25 sessions will receive a one-time, taxable \$500 incentive payment.*** Eligible dependents age 18+ may participate in the program but will not receive the completion incentive. Please note that if you previously participated in the State's DPP that was administered by the YMCA of Greater Providence and received the \$500 taxable incentive, you may participate in this new iteration of the

DPP, but you will not be eligible to receive the \$500 taxable incentive.

## Choose how you want to participate

### ***In-person DPP – begins the week of March 6<sup>th</sup>, 2023***

- Attend sessions at BCBSRI's Your Blue Store location in Cranston or a Lifespan facility in Providence.
- Classes are offered Tuesday and Thursday at 4:30 p.m. You can choose the time and location that best suits you.
- Work with a trained lifestyle coach to adopt and maintain healthy habits.
- To get started:
  - Visit the [OEB's DPP webpage](#) during the week of January 30<sup>th</sup>, 2023 to find the in-person DPP registration link.

### ***Virtual DPP – available now!***

- Participate via the Livongo app or website (no smartphone required).
- Work with an assigned health coach, track activities, and complete lessons.
- Receive a scale and blood pressure monitor (at no added cost to you) to track your progress
- To get started:

- Visit [healthy.livongo.com](https://healthy.livongo.com), and use registration code RHODEISLAND.
- Call Livongo Member Support at (800) 945-4355 for enrollment help.

## Have a question?

Please call the BCBSRI State of Rhode Island Employee CARE Center at 401-429-2104 or 866-987-3705. CARE Center hours are Monday–Friday, 8am–8pm and Saturday, 8am–12pm.

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