

2023 State of Rhode Island Diabetes Prevention Program



Take a big step toward better health

Did you know that one-third of all Rhode Island adults have prediabetes? That means their blood glucose levels are higher than normal, putting them at greater risk of developing Type 2 diabetes.

If you have been diagnosed with prediabetes – or if you think you could be at risk – consider enrolling in the State of Rhode Island’s online Diabetes Prevention Program (DPP), offered by Livongo. The Livongo DPP is 100% virtual and operates a bit differently than the State’s in-person DPP, offered by the Lifespan Community Health Institute.

Like the State’s in-person DPP, the Livongo DPP and its curriculum are recognized by the Centers for Disease Control and Prevention (CDC). It’s available to all State employees and dependents age 18+ who are enrolled in an Anchor medical plan and meet specific, CDC-recommended health criteria.



How the program works

The program is exclusively online, so you can participate from the privacy and comfort of your home.

- Participate via the Livongo app or website (no smartphone required).
- Receive a scale and blood pressure monitor (at no added cost to you) to track your progress.
- Work with an assigned health coach, track activities, and complete lessons.
- Get feedback and support based on your specific needs.



What you’ll learn

Course content is divided into 31 self-paced lessons, each about 5-7 minutes long. Topics include:

- ✓ Getting started with healthy eating
- ✓ Finding your calorie balance
- ✓ Preparing delicious, healthy meals
- ✓ Finding time for fitness
- ✓ Healthy sleep habits
- ✓ Managing stress

The first 16 lessons are made available once per week.

The next 11 lessons are made available on a bi-weekly basis and the last four are monthly.

You could earn \$500

Complete all 31 lessons

+

Complete weigh-ins

(4 times/per month for at least six of the twelve months of the program)

and earn a once-per-lifetime, taxable, cash incentive payment of \$500

NOTES: Employees that earn the DPP completion incentive payment for completing the in-person DPP through Lifespan are not eligible to also receive the DPP completion incentive payment for completing the virtual DPP through Livongo, and vice versa. The virtual DPP through Livongo and its associated completion incentive payment are being offered on a trial basis in 2023. Covered spouses and dependents over 18 can participate in the program at no cost but cannot earn the DPP completion incentive payment.

Ready to make a commitment to your health and well-being?

To get started, do one of the following:

1. **Text** "GO RHODEISLAND" to 85240
2. **Visit** healthy.livongo.com/RHODEISLAND/register
3. **Call** (800) 945-4355 and use registration code: RHODEISLAND

During registration you'll be asked a few questions to help determine your eligibility for the program, such as:

- Have you had a blood test in the last year that indicated pre-diabetes?
- Are you physically active at least 3x per week?
- Do you have a parent or sibling with diabetes?
- What is your height and weight?

Have a question?



For more information or to learn about the in-person DPP, please visit the Office of Employee Benefits website at employeebenefits.ri.gov/employee-wellness/diabetes-prevention-program.

For questions regarding your Anchor medical plan, call the State of Rhode Island Employee CARE Center at (401) 429-2104 or 1-866-987-3705.

To enroll in Livongo, you must opt into at least one program that State of Rhode Island offers as a health program. You must also meet the health criteria for each program you wish to enroll in. Livongo Health, Inc. (Livongo) is committed to keeping your health information safe and is a HIPAA (Health Insurance Portability & Accountability Act) compliant third-party provider. Livongo is an independent company that has contracted directly with Blue Cross & Blue Shield of Rhode Island (BCBSRI) to provide diabetes management, weight management and other health benefit programs for eligible BCBSRI members. The Livongo program is a self-management program and does not replace medical care by a physician. Only members with certain conditions are eligible for these benefits. For more information, contact (800) 945-4355.



**Make 2023 your year
for healthier living.**

**Register for the
State of Rhode Island
Diabetes Prevention Program.**

**IT'S WHAT
WE LIVE FORSM**



**Blue Cross
Blue Shield**
of Rhode Island

500 Exchange Street, Providence, RI 02903-2699

Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross and Blue Shield Association.