

Diabetes Prevention Program (“DPP”): FAQ for the State of Rhode Island

Who is eligible to participate?

State employees and dependents age 18+ who are covered under the State’s medical plans and who meet CDC-recommended health criteria are eligible to participate in these programs.

What programs are available?

In-Person Program

Beginning the week of April 17th, 2023, eligible State employees may participate in an in-person DPP in partnership with Lifespan Community Health Institute. The in-person program replaces the DPP that is referenced in the State union contracts.

Virtual Program

On a trial basis in 2023, the State will be offering a virtual DPP through Livongo. Eligible State employees will have access to this program starting 2/1/2023.

How long is each program?

In-Person Program

This program will take a little less than a year to complete. The first 16 courses are weekly, followed by bi-weekly sessions. The last three sessions are monthly.

Virtual Program

This program will take a year to complete. It consists of 16 lessons that are released weekly, 11 bi-weekly, and 4 monthly. Once released, lessons can be completed sequentially at the participant’s convenience.

How do I know if I’m eligible?

To be eligible for this program, you must:

1. Be a state employee or dependent age 18+ who are covered under the State’s medical plan.
2. Be overweight or obese.
3. Have no previous diagnosis of type 1 or type 2 diabetes.
4. Meet one of the following additional criteria:
 - Be previously diagnosed with gestational diabetes.
 - Have a blood test result in the prediabetes range within the past year:
 - Hemoglobin A1C: 5.7%–6.4% or
 - Fasting plasma glucose: 100–125 mg/dL or
 - Two-hour plasma glucose (after a 75 mg glucose load): 140–199 mg/dL, OR
 - Score at least 5 on pre-diabetes risk test

Per CDC eligibility guidance, members will be asked questions during the registration process to validate eligibility based on these criteria.

What is included in each program?

Both programs use CDC-approved curriculum.

In-Person Program

- Weekly one-hour sessions on a broad range of topics for the first 16 weeks. The next 8 sessions are bi-weekly, and the last 3 are monthly.
- Six months of one-hour follow-up sessions with the lifestyle coach to help maintain healthy lifestyle behaviors.
- Peer support in a group format that includes participants with the same goals.
- Healthy recipes to prepare at home.

Virtual Program

- Curriculum consists of 16 lessons that are released weekly, 11 bi-weekly, and 4 monthly. Once released, lessons can be completed sequentially at the participant's convenience.
- Connected smart scale for easy, consistent monitoring.
- Food logging tools with option to receive feedback from health coaches.
- Access to expert health coaches for one-on-one guidance.

How do I sign up?

In-Person Program

You can register for the program at <https://bit.ly/3JNwEBY>. A member from Lifespan will follow up to determine if you are eligible. If you are eligible, they will also confirm your enrollment.

Virtual Program

There are three ways State employees can sign up:

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

You will receive a Welcome Kit confirming your enrollment within 3-5 business days after registering.

Where are in-person classes being held?

The first in-person classes will be held at BCBSRI's Cranston Blue Store and a Lifespan facility in Providence. Please contact the BCBSRI Care Team for Information on available courses.

How do I access the virtual program?

You can access the virtual program through Livongo's online portal at my.livongo.com/login or the Livongo app.

What if I miss an in-person program session?

You can contact the health coach assigned to your course to schedule a makeup session.

What benefits will I receive for completing the program?

In-Person Program:

Employees who complete 20 sessions will receive a one-time, taxable \$500 incentive payment.

NOTE: The in-person program replaces the DPP program referenced in State union contracts.

Virtual Program:

For those employees enrolling in 2023, they will receive a one-time, taxable \$500 incentive payment upon completion of 31 sessions & 4 monthly weigh-ins for at least 6 of the 12 months before program completion. The virtual DPP incentive payment is subject to a once-per-lifetime maximum.

NOTE: This program, with the incentive, is being offered on a trial basis in 2023. Employees may only earn one DPP incentive payment for their completion of either the in-person or the virtual program. Dependents age 18+ may participate in the program but are not eligible to receive the completion incentive.

What If I took a diabetes prevention course in the past?

If you meet the eligibility criteria, you can still participate in one of these courses. If you previously participated in the State's DPP that was administered by the YMCA of Greater Providence and received the \$500 taxable incentive payment, you may participate in this new iteration of the DPP, and you will be eligible to receive the \$500 taxable incentive payment upon completion.

What happens if I need to drop out of the in-person program before it's completed?

If you do not complete at least 20 of the in-person classes, you will be ineligible for the \$500 incentive payment from the State. This number excludes the orientation session and cooking demonstrations. However, you will still be eligible to sign up for the virtual program and qualify for its incentive payment.

What happens if I need to drop out of the virtual program before it's completed?

If you do not complete 31 of the online modules & the 4 monthly weigh-ins for at least 6 of the 12 months before program completion, you will be ineligible for the \$500 incentive payment from the State. If at any time you need to disengage from the program, you can pick back up where you left off to complete the program.



Can I participate in both the virtual and in-person programs?

Yes, but you can only sign up for one program at a time. We recommend that you choose the one that works best for you. However, you are only eligible for one \$500 incentive payment.

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.

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



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