
APPROACH TO DIABETES PREVENTION

The logo for PEHP WELLNESS is centered on a dark maroon rectangular background. It consists of the letters 'PEHP' in a large, bold, blue sans-serif font, with the 'E' being a lighter shade of blue. Below 'PEHP' is the word 'WELLNESS' in a smaller, blue, all-caps sans-serif font.

PEHP
WELLNESS

DIABETES OUTREACH EFFORTS

- Goals of PEHP RD and Wellness Manager
 - Nutrition Counseling for members with diabetes
 - Prediabetes outreach
 - Desire to support diabetes prevention through the NDPP
 - Support of Chief Medical Officer and PEHP Director

VISION OF PEHP AND NDPP

- Offer the program to as many as possible
- Make it convenient and feasible for PEHP members
- Offer one year pilot program and 6 week program

GATHERING DATA

- Worked with our actuary department to gather data
 - Prediabetes diagnosis or A1C in prediabetic range
 - Obtained email addresses
- Designed survey to assess member interest
- Survey sent via email: May 30, 2017
 - Survey also sent via PEHP listserv

NEXT STEPS

- Compile survey results
- Based on survey results:
 - Offer two classes (both online):
 - Year long (CDC curriculum)
 - 6 week version

THANK YOU

- Questions/Comments