

EMPLOYER DECISION MAP PREVENT DIABETES

: Is your organization committed to supporting the health and well-being of your team members? Follow this brief journey and learn how to launch the **National Diabetes Prevention Program (National DPP)** as a covered benefit at your workplace.

DISCOVER

Understand the impact of type 2 diabetes on your organization.

Your workforce is at-risk for type 2 diabetes.

- + **Fact:** 88 million Americans have prediabetes. 9 out of 10 of them don't know it.
- + **Fact:** Prediabetes and diabetes cost employers billions of dollars each year in lost productivity and medical expenses.
- + In the workplace, diabetes affects employee health and well-being—and your bottom line.

Diabetes is expensive. Prevention is cost-effective.

- + **Fact:** On average, an employee with diabetes costs your medical plan \$13,000-\$16,000 per year.
- + **Fact:** Covering the National DPP for an employee costs an average of \$485-\$550 per year.
- + **Fact:** Offering the National DPP lifestyle change program as a covered benefit is cost effective. It can halve a person's risk of getting type 2 diabetes and reduce the serious conditions associated with prediabetes.

You can help. Start by raising awareness today.

- + Preventing type 2 diabetes is possible!
- + You know diabetes prevention is important. You may not know how many employees are at risk. Stop wondering. Take action. Have employees take our quick [Risk Assessment Tool](#).

DECIDE

Decide on whether to cover the National DPP as a health benefit.

Should you offer the National DPP as a health benefit?

- + Contact your Health Links™ advisor to [schedule a National DPP advising session](#) (30-minute virtual appointment).
- + Your advisor can help you analyze your current medical plan benefits, take advantage of local and national resources, understand the costs and options, and learn how to successfully launch the National DPP at your workplace.

We are ready to offer the National DPP as a covered benefit. What do we do next?

- + Review your medical plan benefits to understand coverage of the National DPP.
- + Consider whether to offer your program at your workplace vs. outside of work hours and in-person vs. virtual.
- + Help your team members enroll in the program.

Ensure employees participate in the program.

- + Once you are ready to offer the National DPP as a covered benefit, access [these helpful tools](#) from the CDC to promote and sustain your program.

ACT

Take the next step to implement the National DPP at your workplace.