



Employers Can

Promote Healthy Lifestyles Through Policies and Programs

- Educate employees on diabetes risk factors
- Provide opportunities to take a type 2 diabetes risk test
- Incentivize annual physicals, including blood glucose tests
- Provide employee wellness options that include the National DPP lifestyle change program

Offer the National DPP Lifestyle Change Program as a Covered Benefit*

- Identify and help employees at highest risk of type 2 diabetes
- Cut the risk of developing type 2 diabetes in half using an evidence-based, cost-saving program
- Improve employee productivity and long-term health outcomes
- Expand support groups to promote sustained healthy lifestyle changes

Maintain Diabetes Management Efforts

- Offer diabetes self-management education and support (DSMES) as a covered benefit
- Lower health care co-pays
- Reduce costs for medications and supplies
- Provide access to behavioral health counseling

Promote Early Detection and Treatment

- Incentivize annual physicals, dental exams, eye health, recommended bloodwork, and other preventive services described in the [Standards of Medical Care in Diabetes](#)
- Encourage physical activity through employee programs and walking groups
- Provide education on eye health, diabetes complications, and cardiovascular disease

*Adoption of this program can prevent progression from risk factors to type 2 diabetes.