



# Your Journey to Coverage

The Healm platform will help your organization offer the National Diabetes Prevention Program (National DPP) lifestyle change program as a covered benefit. Implementing a new benefit takes time, and Healm will guide you through the decision-making and implementation process.

This document summarizes this process, which is conducted through the Healm Program Pathway. You may want to download this document and keep it handy so you can refer to it later.

## Steps to Coverage

The Healm Program Pathway is your personalized journey to coverage of the National DPP lifestyle change program. It has 9 steps that correspond with specific topic areas.

Once you register on the Healm platform, you'll be asked to share certain information about your organization. Healm will use this information to direct you to steps and sections along the Program Pathway that are most relevant to you.



Example of a Pathway step

## Sections

Each step has sections that give you more information or ask you to share information about your organization.



Example of sections within a step

## Timing

**Estimated Timeline:  
6 to 18 months**

Every organization's journey will be different.

If you're just getting started, you'll likely need to go through all 9 steps, which will take longer. But if you already offer the National DPP lifestyle change program as a covered benefit, you won't have as much work to do.

# Steps to Coverage



1 - 3  
MONTHS

Collect the information you need to understand the National DPP lifestyle change program. Use this information to get buy-in and support from your organization's leadership if you don't already have it.

## 1. Get Started

Learn what to expect from the Healm platform. Provide information that will help Healm tailor the process to your organization's journey.

### Sections

- What to Expect
- About Your Organization
- Coverage Status

## 2. Estimate the Impact of Diabetes Prevention

Learn more about type 2 diabetes and its effects on the U.S. population. Explore the National DPP lifestyle change program and the evidence behind its success.

### Sections

- Type 2 Diabetes: Why Prevention Matters
- National DPP Lifestyle Change Program: What You Need to Know
- Measuring Success and Lowering Cost
- Describe Your Findings
- Indicators of Impact



1 - 3  
MONTHS

Meet with your health plan provider, finalize necessary contracts, and design your program.

## 3. Explore Program Options

Discover different ways to structure the National DPP lifestyle change program. This information will help you select the best option for your organization.

### Sections

- Overview of Program Options
- Learn About Delivery Methods
- Learn About Program Costs and Reimbursement Models
- Learn About Benefit Administration Options
- Choose Your Program Options
- Selecting and Contracting With a CDC-Recognized Organization

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1 - 3  
MONTHS

Focus on preparing to launch your program. Host screening activities, set enrollment goals, and develop enrollment systems.

## 4. Understand Eligibility and Identification Methods

Determine how you will identify eligible employees. Consider the specific characteristics of your workforce and establish eligibility criteria.

### Sections

- Review Eligibility and Identification Methods
- Decide What Approach to Use
- Understand How to Identify Eligible Employees
- Define Your Eligible Population and How You Will Identify Them

## 5. Plan for Recruitment and Enrollment

Develop a plan for promoting the availability of the program and encouraging eligible employees to participate.

### Sections

- Understand Recruitment and Enrollment
- Build Awareness
- Develop a Recruitment and Enrollment Plan
- Establish Your Enrollment Process
- Define Recruitment and Enrollment Plans



ONGOING

Monitor enrollment and retention in your program. Identify ways to encourage participating employees to actively engage.

## 6. Define Engagement Strategies

Identify ways to promote employee retention and success in the National DPP lifestyle change program.

### Sections

- Why Engagement Matters
- Engagement Goals and Strategies
- Tailor Your Strategy to Your Employees
- Describe Your Engagement Strategy

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#### ONGOING

Update the data on your Healm Dashboard at least every 3 months to track your progress.

## 7. Measure Your Success

Identify data and measurement goals. Monitor your progress and use the results to continually improve your program and ensure its success.

### Sections

- Measurement Fundamentals
- Evaluate Your Identification and Enrollment Efforts
- Evaluate Engagement, Retention, and Health Improvement



#### ONGOING

Engage your organization's leaders throughout the process to ensure their ongoing support.

## 8. Build Leadership Support

Gain buy-in from your organization's leadership. Keep them engaged at every step of the process, from planning through efforts to sustain your program.

### Sections

- Learn From Others
- Gain Approvals
- Create a Champion Network
- Your National DPP Leadership Report



#### ONGOING

Use your results to maintain momentum, ensure program sustainability, and guide continuous improvement efforts.

## 9. Implement and Sustain Your Program

Consider factors that will prepare you for program implementation, expansion, and continuation.

### Sections

- Prepare to Implement and Sustain Your Benefit
- Engage With Other Employers
- Encourage Participant Retention
- Maintain Leadership Support
- Look for Ways to Expand Your Program
- How to Sustain Your Program If You:
  - Used Existing Health Plan Provider Coverage
  - Contracted With a CDC-Recognized Organization
  - Become a CDC-Recognized Organization
- Define How You Will Sustain Your Program

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