

Tips and resources to support virtual program delivery of the National DPP lifestyle change program

The AMA has collected tips and additional resources to support Health Care Organizations (HCOs) in transitioning from offering the National Diabetes Prevention Program (National DPP) lifestyle change program through an in-person format to virtual program delivery.

Virtual National DPP lifestyle change program format

A virtual National DPP lifestyle change program is a distance learning format with interactive classes delivered by trained lifestyle coaches via remote classroom or telephone. Virtual classes offer the same benefits as in-person formats from the comfort of the participant’s home.

- Live, interactive classes
- One-on-one coach support
- Support group to help participants overcome obstacles and celebrate successes
- Removes geographic and transportation barriers

For the most up-to-date tools and resources for delivering the National DPP lifestyle change program via a virtual format, reference the [CDC National Customer Service Center for existing programs](#). In addition, the CDC provided guidance, sent on March 20, 2020, for distance learning resources (see separate attachment).

TIPS:	
Virtual Program Delivery	Some National DPP lifestyle change programs have adapted virtual delivery during the COVID-19 pandemic. Before referring patients, confirm the availability, capacity, and delivery format of your organization’s program. If your National DPP lifestyle change program is offering any new cohorts or is at capacity: <ul style="list-style-type: none"> • Refer patients to an external National DPP lifestyle program that is operating • Consider alternative treatment options
	Validate that the security of the platform meets your organization’s needs
	Consider offering a preparation class prior to the start of the program to help participants get comfortable with the technology and resources and to address questions
	Print and mail/email course materials to participants ahead of time to overcome technology limitations or prevent technical disruptions
	If offering classes using video conference, consider cooking demonstrations and active engagement between participants and coaches. You can also combine on-demand videos with scheduled live coaching and discussion sessions.
Health Care Organization Examples	Due to COVID-19, a health care organization paused offering their lifestyle change program, but they did not pause their diabetes prevention efforts. They shifted their focus to creating the operational infrastructure to support a sustainable diabetes prevention strategy, including: <ul style="list-style-type: none"> • Creating a prediabetes registry • Enhancing their EHR to support referrals into the lifestyle change program • Building surveillance reporting on patients diagnosed with prediabetes

- Designing a new way to use patient portals for diabetes prevention, including patient messaging about healthy eating and lifestyle change program updates and upcoming classes

One health care organization pivoted their diabetes prevention strategy from identifying patients with prediabetes to identifying employees using the CDC risk test and offering them the National DPP lifestyle change program. Consider sharing the risk test with employees by mail, fax, or email to find out if they are eligible to join the lifestyle change program.

RESOURCES TO HELP PREPARE YOU TO MANAGE PATIENTS WITH PREDIABETES VIRTUALLY:

[CMS Flexibilities to Fight COVID-19 for Participants in MDPP](#), Center for Medicare & Medicaid Services

Find CMS guidance for program delivery during the COVID-19 pandemic created for approved MDPP suppliers.

[Optimize Your EHR to Prevent Type 2 Diabetes](#), American Medical Association

Find additional guidance and suggestions on how to use your EHR to identify and manage patients with prediabetes.

ADDITIONAL RESOURCES:

[CDC Resources](#)

In response to the pandemic, the Centers for Disease Control and Prevention (CDC) issued guidance on how CDC-recognized diabetes prevention programs can continue to provide people with prediabetes access to its evidence-based intensive lifestyle change program to prevent type 2 diabetes using available technologies. The CDC guidance includes free resources to ensure that lifestyle change program providers can transition efficiently from in-person to virtual class formats. There are also promotional materials for employers and insurers.

[A Guide for Using Telehealth Technologies in Diabetes Self-Management Education and Support and in the National Diabetes Prevention Program Lifestyle Change Program](#)

This guide provides information about what is needed to implement different telehealth technologies and lists specific implementation considerations for each technology.

[Strengthening Long Distance Care for Chronic Disease Patients](#)

Tips for scaling chronic disease care during COVID-19.

[COVID-19: Physician Practice Guide to Reopening](#)

The Centers for Medicare & Medicaid Services (CMS) has published a Phase 1 guide for reopening facilities to provide non-emergent, non-COVID care. To build upon those recommendations, the AMA has compiled a guide with a checklist and other resources to ensure that your medical practice is ready for reopening.

[Why Digital Options Must be a Part of Fight Against Prediabetes](#)

Some patients may not have the time or resources to attend weekly or monthly classes, or they may prefer an on-demand interaction at their convenience. Digital health, and specifically virtual diabetes prevention LCPs, offer a way to overcome those barriers and connect more patients with programs to improve their health.

[Six Lifestyle Changes Patients with Prediabetes or Obesity Should Make](#)

For patients affected by obesity—or prediabetes—there can be physical and emotional consequences. However, patients can make lifestyle changes to improve their health and well-being.

[AMAs Telehealth Implementation Playbook](#)

Adopting telehealth in your physician practice? Follow this playbook.