



Maryland: HealthChoice Diabetes Prevention Program

The HealthChoice Diabetes Prevention Program (DPP) may be able to help your patients who are UnitedHealthcare Community Plan of Maryland members and have prediabetes or at risk for getting Type 2 diabetes. This voluntary lifestyle change program offered by the Maryland Department of Health (MDH) aims to help individuals develop healthy eating habits, increase daily physical activity and improve coping skills.

Questions?

For chat options and contact information, visit UHCprovider.com/contactus.



Eligibility

To enroll in the HealthChoice DPP, your patients must:

- Be between 18-64 years old
- Have a history of gestational diabetes mellitus (GDM) or an elevated blood glucose level such as:
 - A fasting glucose of 100 to 125 mg
 - Plasma glucose measured 2 hours after a 75 gm glucose load of 140 to 198 mg/dL
 - An A1C level of 5.7 to 6.4
 - A diagnosis of GDM during a previous pregnancy
- Have no previous diagnosis of Type 1 or Type 2 diabetes
- Have a body mass index of 25 or more, or 23 or more if the member self-identifies as Asian
- Not be currently pregnant



How to refer eligible patients

You can refer your eligible patients to the program through the **Chesapeake Regional Information System for Our Patients** (CRISP) by logging in and selecting the referral tab to complete the form. Please note that referral isn't required for program participation.



Billing

To bill for HealthChoice DPP services, you must:

- Be recognized by the Centers for Disease Control and Prevention (CDC)
- **Register** at health.maryland.gov as a participating HealthChoice DPP health care professional
- Follow the fee schedule and not combine these codes with other services on the claim

For more information, please visit the HealthChoice Diabetes Prevention Program Manual on the **HealthChoice Diabetes Prevention Program Information for Providers** page under **General Program Resources**.



How to help

You can let your patients know to register for the program, which is offered through Livongo®, by using code UHCCPMD and:

- Calling 800-945-4355 (TTY 855-636-1578), available 24/7
- Or, visiting goals.livongo.com/UHCCPMD

Members can learn more by:

- Visiting the **MDH diabetes** website
- Visiting the **CDC's National DPP** website
- Calling member services at 800-318-8821, Monday–Friday, 8 a.m.–7 p.m. ET, to receive information about HealthChoice DPP-participating health care professionals