YMCA’s Diabetes Prevention Program

Frequently Asked Questions

1. Who is responsible for paying for the program?

   - **Self-pay option:** The participant enrolls through the Greater Wichita YMCA and pays for their program enrollment fee ($429). *Participant may apply for income-based pricing that is available through the YMCA, if applicable. May qualify for up to 50% scholarship.*

   - **Wellness Benefit:** Worksite wellness option organizations partner with their local Y to pay a flat program fee ($429) on behalf of a specific population. Under this option organizations receive:
     - an agreement to execute with the local Y detailing your arrangement,
     - invoicing for qualifying individuals upon attendance at the first session, and
     - aggregate, de-identified reporting for your specific population.

   - **Covered Benefit:** The Y has partnered with the Diabetes Prevention and Control Alliance (DPCA) which administers the Y’s third party payor system and web-based data collection tool. Insurers are working through DPCA to offer the YMCA’s Diabetes Prevention Program as a covered health benefit to their members. Through this infrastructure, any payor (private insurer, large self-funded employers, or public payor) is able to reimburse the Y using a single performance-based fee schedule via claims or invoices and offer the program at no cost to members.

2. What do participants receive when they participate in the YMCA’s Diabetes Prevention Program?

   Participants receive notebook and weekly handouts following the program curriculum, and Calorie King book. Participants will also receive a 3 month, family YMCA membership during weeks 5-16 of the program to assist in meeting physical activity goals and adopting new, healthy habits.

3. How long does the program last?

   The YMCA’s Diabetes Prevention Program is a 12 month program. Twenty-five 60 minute sessions take place over the course of 12 months. The first 16 sessions occur weekly, followed by 3 sessions that occur every other week, followed by 6 monthly sessions. Each session lasts for 60 minutes. *The program is facilitated by the same Healthy Lifestyle Coach over the full year. All sessions take place in person, with a group of 7-15 participants.*

4. Who facilitates the program?

   All Lifestyle Coaches for the program are Certified Diabetes Prevention Program Lifestyle Coaches through the YMCA of the USA. This includes a 2 day classroom based training/certification, as well as prerequisites which include e-learnings and pre-readings. All Coaches are required to take an annual update of HIPAA Privacy and Security Certification. All Coaches follow the CDC recognized and approved curriculum during each class to maintain the fidelity of the National Diabetes Prevention Program.
Frequently Asked Questions from Employees

1. The program is being offered at my worksite. Do I get to participate on company time?
   Each worksite is able to determine how they will proceed with this question. Consider travel time if the class is being held at a site that is not where the employee works.

2. What information does my employer receive regarding my participation?
   All individuals participating as part of a wellness program or as a paid benefit will be asked to complete a release form at the first session of the YMCA’s Diabetes Prevention Program. Employer may receive aggregate data/outcomes of participants but not individual data without the participants’ explicit permission. In the case of additional incentives from the employer for participation, receipt of incentive may be dependent on the sharing of attendance or other participation data.

3. Do I have to attend all 25 sessions?
   By enrolling in the Diabetes Prevention Program you are committing to participate in the classroom sessions, weigh during each session and track your food and activity to share with your Lifestyle Coach. Your Coach will work with you to schedule a make-up session if you are unable to attend. The best outcomes are achieved by those that attend the group sessions regularly and commit to the program expectations.

4. Can I invite my spouse, family member, or a friend to attend?
   All participants must meet program eligibility requirements:
   - BMI >25
   - At least 18 years of age
   - At risk for developing Type 2 Diabetes
     - Blood lipid value indicating pre-diabetic values (A1c 5.7-6.4% or fasting Glucose 100-125mg/dL)
     Or
     - Qualifying risk score on self-assessment
   Anyone that wants attend classes must enroll in the program through the Greater Wichita YMCA, or Diabetes Prevention and Control Alliance (DPCA) if program is a covered benefit. It is up to the employer to determine who else may attend classes that are held at the worksite. Anyone that meets the eligibility requirements may enroll in a session at a community site, such as a YMCA branch. YMCA membership is not required.