

State Approved ILS Provided by Medicaid Managed Care Plans

(These ILS were proposed by a Medicaid Managed Care Plan and have been approved by the State as appropriate to offer as a voluntary alternative to covered services.)

Brook+ Diabetes Prevention Program	Eligible Population	Managed Care Organization/ ILS Authorization Number	Plans that Offer this Benefit	Service Area				
<p>Effective Date: October 1, 2022 Covered ILS Benefit: Brook+ Diabetes Prevention Program Independent Health will cover Brook+, a Centers for Disease Control and Prevention (CDC)-recognized diabetes prevention program that helps people make lifestyle changes so that they can reduce their risk for type 2 diabetes, achieve a healthy weight, and improve their overall health. The program delivers structured content aligned with CDC recognized in-person NDPP programs. A digital format provides flexibility for participation, while overcoming barriers such as lack of availability of in-person programs, lack of access to in-person programs (due to transportation, for example), or commitments such as work, school, childcare, etc. that might otherwise preclude participation. Moreover, the Brook+ DPP offers convenient on-demand program access through smart devices or web-based delivery, including access to lifestyle coaches that offer unlimited one-to-one support via chat or discussion.</p>	<ul style="list-style-type: none"> •Be at least 18 years old, and •Be overweight (BMI ≥25, ≥23 if Asian), and •Have no previous diagnoses of type 1 or type 2 diabetes, and •Not have End Stage Renal Disease (ESRD) •Not pregnant, and •Have a blood test result in the prediabetes range within the past year: <ul style="list-style-type: none"> o Hemoglobin A1C: 5.7%-6.4%, or o Fasting Plasma Glucose: 100-125 mg/dL, or o Two-hour plasma glucose (after a 75mg glucose load); 140-199 mg/dL, or •Be previously diagnosed with gestational diabetes, or •Score 5 or higher on the CDC/ADA Prediabetes Risk Test 	<p align="center">Independent Health Association (22-02-002)</p>	<p align="center">MediSource (MMC¹) MediSource Connect (HARP²)</p>	<p align="center">Erie</p>				