

Diabetes prevention and management resources for employees

Your employees are your most important asset. UPMC Health Plan offers resources to help them reduce the risk of developing diabetes or manage their diabetes to stay healthy and productive.

Diabetes Prevention

Diabetes Prevention Program

The UPMC Diabetes Prevention Program (DPP) is a one-year program that has achieved the Full Plus recognition of the Centers for Disease Control and Prevention. This highest level designation distinguishes the role of the UPMC DPP in helping to prevent or delay the onset of type 2 diabetes in people with prediabetes.

UPMC DPP participants engage in 16 weekly and 6 monthly group lifestyle health coaching sessions led in-person or virtually by specially trained educators. Topics range from nutrition and physical activity to stress management, problem solving, and emotional eating.



RxWell

The RxWell® app offers virtual, diabetes-specific support, including tutorials, self-paced exercises, chat capabilities, and more. The app also offers support for related topics—such as stress, anxiety, depression, nutrition, and weight management—that can help employees reduce their risk of developing diabetes.

Diabetes Management

UPMC Health Plan takes a whole-person care approach to diabetes management support. We offer members access to a variety of resources that they can leverage at each stage of their journey to keep their diabetes under control.

Learn more

Employees can visit upmchealthplan.com/members/condition-support/diabetes.aspx to learn more about our diabetes resources. Contact your UPMC Health Plan account manager to discuss additional options.

We have specially-trained diabetes educators who offer in-person or digital support to help employees control their blood glucose levels and blood pressure. Diabetes educators can also help employees use the RxWell app's tools and diabetes management techniques.

Employees also have access to health coaches and clinical care managers through a number of health and wellness resources. These experts can provide education and clinical support, develop condition-specific action plans, and offer ongoing support both virtually or by phone.

If an employee or their health care provider identifies or diagnoses a significant change in symptoms or the provider identifies a new, medically necessary medication or therapy related to the employee's diabetes management, the employee can access diabetes self-management education (DSME)¹ options. DSME is offered virtually or at in-person program sites. Diabetes educators take specific employee needs, goals, and life experiences into account while helping employees manage their diabetes and improve their HbA1c.

Coverage for diabetes supplies

Employees with prescription coverage through UPMC Health Plan can get a range of covered diabetes supplies, including a glucometer, test strips, insulin delivery devices, and more. Employees can sign up for convenient home delivery of their diabetes supplies—with free standard shipping—through Express Scripts Inc.

¹This program is led by diabetes educators who are certified by the National Certification Board for Diabetes Educators, not UPMC Health Plan nurses or health coaches. This program includes a nutritional assessment and counseling services when it is provided by a participating dietitian or facility. These services may be coded as part of the DSME program or coded and billed separately.

UPMC HEALTH PLAN