

National DPP Vendors

This list may not be comprehensive, and it is not intended to endorse any vendor. Please call vendors directly for complete information. And check with your health plan and local hospitals, clinics and/or community centers to see what they offer. These vendors work directly with the employer and, in some cases, vendors work directly with individuals (see Cost/Access for notes about “self-pay”)

VENDOR	SCREENING METHOD	PROGRAM COMPONENTS	COST/ACCESS	PROGRESS TRACKING	PARTICIPANT SUPPORT
Alme Health Coach (Next IT) 12809 Mirabeau Pkwy. Spokane Valley, WA 99216 509-242-0767		Artificial intelligence (AI) coach audibly communicates with users to help them maintain and track healthy behaviors.	[WAITING TO HEAR WHETHER THEY OFFER THE DPP]		
Blue Mesa Health bluemesahealth.com (888) 345-2425 311 W. 43 rd St. N.Y., N.Y. 10036	ADA risk test (English and Spanish available)	A digital platform that includes a wireless scale and incentive for activity tracker. Participants are placed in groups of 10-12, located near each other if possible. The platform facilitates peer support and coaching is available through a variety of media, such as video and messaging. Classes start every Sunday.	\$149 set-up fee; \$39/month. They will work with employers to offer as a covered benefit. Self-pay available.	Weekly lessons delivered through a smartphone app; food is tracked through phone camera.	DPP lifestyle coaches communicate through the app and phone as needed.
Canary Health canaryhealth.com Adam Kaufman, akaufman@canaryhealth.com 314-444-0636 (ext. 122)		Two digital diabetes-related programs are available, including one to deliver the DPP, and a Chronic Disease Self-Management Program that can be tailored to users with diabetes.	Available to health care and employer organizations. Contact for custom pricing.		

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<p>CAPPA Health (My Dietitian) Cappahealth.com info@cappahealth.com 866-439-7747</p>		<p>A year-long program offered through a digital platform that connects users to a registered dietitian (RD) and support community through video, messaging and email. My Dietitian also supports the CAPPA program, a platform to deliver the DPP.</p>	<p>Free App (smart phone or computer).</p>	<p>Users journal their food and activity through the app or website.</p>	<p>Daily outreach from RD, plus support community.</p>
<p>Care Matters http://caremattersinc.org/ 141 Robert E Lee Blvd., #221 New Orleans, LA 70124 504-493-8894</p>	<p>CDC Risk Test</p>	<p>Individual online portal (highly recommended, but not required). Rolling enrollment. Large group format, with sub-groups based on workplace/location/interest.</p>	<p>Option 1: \$29/month for 12 months Option 2: One-time \$199 Both offer lifetime accessibility</p>		<p>No 1:1 direct coaching. Participants can ask questions in main discussion forum or send PM to Corey (founder). Weekly message/discussion forums and email reminders about modules.</p>
<p>Gain Life gainlife.com CJ Abeleda – cj@gainlife.com</p>		<p>Consumer-friendly web and native apps address a wide range of behaviors. “Transformation engine” offers a highly individualized approach.</p>	<p>Available to employers, health plans, and partners. Contact for custom pricing.</p>		<p>Not currently available on website.</p>
<p>HealthSlate healthslate.com 888-291-7245 info@healthslate.com</p>		<p>Highly individualized digital platform that connects users to health coaches.</p>		<p>Users track meals through a photo journal, focusing on carbohydrate consumption.</p>	<p>Online community, complemented by live coaching.</p>
<p>Hope 80 20, LLC 2906 N Ocoee St.</p>	<p>CDC Risk Test</p>	<p>A meeting facilitator will weigh participants and track their PA</p>	<p>\$199/participant. 16 sessions with videos available every 5 days with</p>	<p>Fit Bits and BP/blood</p>	<p>Weekly Q&A sessions</p>

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<p>Cleveland, TN 37312 877-836-9355 hope8020.com</p>		<p>minutes before turning to the video curriculum app that can be synced with Fit Bits and offer BP/blood glucose tracking logs. Rolling enrollment.</p>	<p>extra sessions to extend weekly sessions to 6 months.</p>	<p>glucose tracking logs.</p>	<p>available, along with an app that can be synced with Fit Bits. BP/blood glucose tracking logs.</p>
<p>Lark web.lark.com 2570 W El Camino Real #100 Mountain View, CA 94040 (855) 500-5275</p>		<p>Smart phone app – the first AI-based program. Scale/Fit Bit that can be added to the cost of the program. These items are connected to the phone app and synced. Participants join as individuals; groups are available upon request.</p>	<p>Employers can do self-pay: cost is a few dollars/month/employee.</p>		<p>Participants get text coaching, and links to documents and support information.</p>
<p>Newtopia</p>			<p>[WAITING TO HEAR WHETHER THEY OFFER THE DPP]</p>		
<p>Noom https://www.noom.com</p>	<p>Unsure of DPP affiliation</p>	<p>“360-degree” support: Health coach and nutritionist; licensed medical doctor; clinical exercise specialist. By making the experience relevant to individual goals and interactions, they provide personalized plans that makes a balanced, healthy life attainable and fun.</p>	<p>About \$35/month, depending on personalized plan. Enterprise solutions pricing varies.</p>	<p>Using smartphones, Noom uses cutting-edge technology to accurately monitor progress and provide expert advice and analysis to keep you on track.</p>	<p>24/7 Support and encouragement.</p>
<p>NC State University/Eat Smart. Move More. Prevent Diabetes. 512 Brickhaven Dr., NC State University, Campus Box 7606</p>	<p>Recent A1C between 5.7-6.4, OR CDC risk</p>	<p>Online personal portal (My Progress Portal) to track weight and minutes (self-reported); portal syncs with FitBit data (steps, minutes of</p>	<p>\$449/participant; groups of 20+ (or Medicaid) get discount of \$429/person. 12-month program delivered in real-time, interactive</p>	<p>Participants are given workbooks for</p>	<p>Participants are encouraged to interact during the weekly class</p>

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<p>Raleigh, NC 27695 (919) 515-9142 http://www.esmmpreventdiabetes.com</p>	<p>assessment score of 9 or higher (self-determined)</p>	<p>moderate PA, weight). Specific start times (minimum of 20 per class).</p>	<p>format. Phase 1 is 20 weeks with 12 weekly sessions and 4 bi-weekly sessions. Phase 2 is the maintenance phase and is 29 weeks with 3 sessions held every 3 weeks for 9 weeks and 5 sessions held every 4 weeks for 20 weeks.</p>	<p>both Phase 1 and Phase 2.</p>	<p>sessions scheduled at a set time for the group. Personal ortal syncs up FitBit data.</p>
<p>Omada (Prevent) 500 Sansome St, Suite 200 San Francisco, CA 94111-2323 (888) 987-8337 http://www.omadahealth.com Omada Overview Video (click on “How it Works” on the homepage) Omada Overview Video (for individuals)</p>		<p>Intensive digital (smart phone, wireless scale) behavioral change programs that are clinically supported and evidence-based. Preferred Vendor for several Minnesota health plans. Contact your health plan or insurance broker for more details.</p>	<p>\$140/month for individuals; most marketing is to large employers, brokers, health plans, health systems (variable pricing).</p>		<p>Each participant is supported by a professional health coach and robust social network for real-time feedback, support and accountability.</p>
<p>Real Appeal</p>			<p>[WAITING TO HEAR WHETHER THEY OFFER THE DPP]</p>		
<p>Retrofit retrofitme.com; 1-800-774-5962 (General) Susan Haluzan (Director Employer Sales) – 480-540-8611, susan.haluzan@retrofitme.com Retrofit Healthy Living Product Demo</p>		<p>The Retrofit DPP is a technology-based lifestyle change program. It is a 52-week virtual program featuring live and recorded classes, self-monitoring devices and technology, a suite of digital tools, HIPAA-compliant video coaching and messaging, cooking skills and challenges through their partner (Monj), and an interactive online community. Offered primarily through large employers and health plans.</p>	<p>\$248-\$298/month. 52-week virtual lifestyle change program. Offered primarily through large employers and health plans.</p>	<p>Self-monitoring devices and technology; suite of digital tools.</p>	<p>Live and recorded classes, HIPAA-compliant video coaching and messaging, cooking skills and challenges through their partner (Monj), interactive online community.</p>
<p>Solera Health</p>		<p>Their mission is to improve the health of communities by</p>			

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<p>Soleranetwork.com, Sandeep Wadhwa, 800-858-1714</p>		<p>connecting diabetes prevention vendors (“network partners”) with individuals at risk for preventable chronic disease, their doctors, and payers looking for demonstrated ways to manage health care costs. They work with a variety of vendors to find solutions that fit specific cultures and individuals.</p>			
<p>Turnaround Health, a division of NutritionQuest Turnaroundhealth.com (view overview video by clicking on “See How It Works” on the homepage) Torin Block, 510-704-8514, tblock@turnaroundhealth.com 15 Shattuck Square, Suite 288 Berkeley, CA 94704</p>		<p>An “effective and inexpensive,” personalized program, with effectiveness proven in a randomized control trial. CDC grants funded its product build and launch activities. It is delivered via phone, tablet or desktop.</p>			
<p>Weight Watchers DPP, A.J. Grant, 763-443-7985, aj.grant@weightwatchers.com</p>		<p>Face-to-face, online coaching, digital tools. Rolling enrollment. As of 12/2017, Minnesota-based Weight Watchers programs are not available directly – employers must contract with Solera to gain access.</p>	<p>From \$4.22/week-\$10/week. Prices vary for employer groups and individuals. Solera currently serves as the administrator for commercial groups. Weight Watchers has been tested in those with prediabetes, and results show significant weight loss and improvements in blood sugar control in six months, with improvements sustained over 12 months.</p>	<p>Face-to-face and virtual weigh-ins; digital tracking.</p>	<p>Face-to-face and online personalized coaching.</p>
<p>Yes Health Yeshealth.com, Alex Petrov, alexpetrov@yeshealth.com</p>		<p>Yes Health takes a holistic approach to diabetes prevention (diet, exercise, well-being). They work</p>	<p>\$39/month for the core program; \$10/month for maintenance program). The 16-week core</p>	<p>Digital scale syncs with FitBit data.</p>	

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<p>35 Miller Ave., Suite #273 Mill Valley, CA 94941 (415) 302-3651</p>		<p>with Solera to bring their mobile diabetes prevention solution to millions of eligible health plan members for free as part of member benefits.. They work with employers, health plans, health systems, brokers, individuals. Rolling enrollment.</p>	<p>program is followed up with an ongoing maintenance program.</p>		
<p>YMCA of the USA To find out if insurance providers cover the program: 1-800-237-4942 To contact the diabetes prevention team: diabetesprevention@ymcamn.com or 612-230-3487</p>		<p>Nationally, the YMCA has created their program, called the YDPP. Minnesota program information can be found here.</p>	<p>“Quoted” price is \$429/year, but prices vary for Medicare/Medicaid participants and for employer-sponsored groups. Starts with 16 consecutive weekly meetings, moving into maintenance sessions every other week for six weeks, then monthly maintenance meetings for six months.</p>	<p>Participants are asked to make a commitment to the program, and be accountable to the coach, the group, and to themselves.</p>	

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