



# PROVIDER *bulletin*

December 28, 2018

Kern Health Systems strives to provide periodic updates to our contracted network regarding benefit and coverage changes for Kern Family Health Care members as directed by our regulatory body, Department of Health Care Services (DHCS).

Effective January 1, 2019, in accordance with the Department of Health Care Services regulations, Kern Health Systems (KHS) will be implementing a Diabetes Prevention Program (DPP) as a benefit available to our members. This education program will be made available for members over the age of 18 who have an HgA1c level of 5.7 to 6.4, or for those who are considered high risk for developing diabetes.

The program lasts one year and can continue for an additional year for those members who qualify. The program uses approved lifestyle changes including, but not limited to the following:

- Provides a peer coach;
- Teaches self-monitoring and problem solving;
- Provides encouragement and feedback;
- Provides informational materials to support goals; and
- Tracks routine weigh-ins to help accomplish goals.

For more information, please refer to the DHCS All Plan Letter 18-018

<https://www.dhcs.ca.gov/formsandpubs/Documents/.../APL2018/APL18-018.pdf>

Should you have any questions regarding this new benefit, please contact your KHS Provider Relations Representative at (661) 664-5000.

Thank you,

Melissa Lopez  
Provider Relations Manager  
Kern Health Systems

