

Strategies to Support DPP Participant Readiness

- **Utilize Session Zero.** Holding Session Zero, an initial informational session about your program, at your health center, local senior centers, and other sites builds community awareness about prediabetes, introduces participants to program expectations, and helps you identify committed participants.
- **Activate your motivational interviewing (MI) skills.** As a diabetes educator, you have the chance to use your MI skills every day. Get out that readiness ruler, walk through a decisional balance discussion with your Session Zero group, and help prospective participants join Medicare DPP and achieve their health goals.
- **Look (at your data) before you leap.** Analyze outcomes from participants over the age of 65 in past National DPP groups. Even though you weren't billing Medicare at the time, you can examine weight loss and attendance data to forecast how a similar Medicare DPP group would perform.
- **Diversify your reimbursement portfolio.** To sustain your Medicare DPP program and ensure that you retain CDC recognition, continue to offer diabetes prevention programming to both Medicare and non-Medicare participants.