**Sample Letter to Your Health Insurance Carrier**

<HEALTH INSURANCE CARRIER NAME>
<HEALTH INSURANCE CARRIER ADDRESS>

Dear <HEALTH INSURANCE CARRIER>,

To enhance the health and wellness of our employees and address the rising costs associated with diabetes, <WORKSITE NAME> would like to include the National Diabetes Prevention Program (National DPP) lifestyle change program as a covered health benefit for all employees.

The National DPP, endorsed by the Centers for Disease Control and Prevention (CDC), is an evidence-based program designed to prevent the onset of type 2 diabetes. This program is founded on research funded by the National Institutes of Health, which demonstrated a 58 percent reduction in the incidence of diabetes among those with prediabetes, and a 71 percent reduction in those over age 60. The program equips participants with the knowledge and support needed to manage their health proactively. It includes 16 weekly sessions with a trained lifestyle coach, followed by six to eight monthly follow-up sessions.

Organizations that are recognized by CDC as a National DPP lifestyle change program, offer reassurance that this intensive lifestyle intervention is provided in a way that meets the efficacy of the research. CDC-recognized organizations can be located on the **[CDC National DPP registry](https://dprp.cdc.gov/registry)**[.](https://dprp.cdc.gov/registry) In addition, [**Healm**](https://healmatwork.org/) offers support for employers implementing the National DPP as a benefit and can simplify the process.

Implementing the National DPP provides both health and financial benefits. Research indicates that lifestyle change interventions can be cost-effective and even cost-saving by reducing healthcare expenditures. For example, a study funded by the CDC and the National Institutes of Health revealed an average cost saving of $129 per participant after three years. Given that diabetes can cost approximately $13,700 annually per person, with about $7,900 attributable directly to the disease, the National DPP program offers a significant opportunity to reduce these costs. The average annual cost of offering a lifestyle change program that reduces the risk of type 2 diabetes by 50% is about $500, depending on factors such as promotion, recruitment, staff, and logistics.

In alignment with our commitment to chronic disease prevention, we request that the National DPP program be incorporated into our health insurance plan for employees. Please contact <NAME> at <EMAIL> or <PHONE> to discuss this request further. We look forward to your response and to working together to improve the health outcomes of our workforce.

Sincerely,

<NAME>
<BUSINESS NAME>
<PHONE NUMBER>
<EMAIL ADDRESS>