

Provider Update

This update contains pertinent information about changes that will impact the Johns Hopkins HealthCare provider network.

New Programs to Help Manage and Prevent Diabetes

Johns Hopkins Advantage MD is now offering two programs from Johns Hopkins Medicine that can help prevent or manage diabetes. Both programs are no cost for members. Advantage MD Care Management began referring members on Nov. 1, 2019. Starting Jan. 1, 2020, providers can begin referring members.

DECIDE

DECIDE is a literacy-adapted, self-paced, self-management program that helps adults learn how to change everyday behaviors to better manage their type 2 diabetes. The program—which takes a participant between two-and-a-half to six months to complete—enhances health behavior change, coaches patients in person or online, and improves clinical outcomes. This program is intended for patients who have struggles with the management of their diabetes.

act2

act2 is an interactive, year-long support and engagement program. The goal is to empower individuals who have been diagnosed with prediabetes to take charge of their health as they work with a personal coach to lose weight gradually (5% to 7% body weight), build physical activity into their daily routine, understand good nutrition and healthy eating habits, develop skills for behavior change, and stay motivated. This program is intended for patients at high risk of developing type 2 diabetes.

Members cannot be enrolled in both programs, and they cannot self-refer. Members may be referred by JHHC Care Management as of Nov. 1, 2019. You can refer your patients starting Jan. 1, 2020. Prior to that date we will communicate the referral process.

For more information on DECIDE and act2, call 866-809-2073.

Please contact the JHHC Provider Relations department at 1-888-895-4998 with any questions or concerns