



Provider Update

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

New Diabetes Prevention & Management Programs for Johns Hopkins Advantage MD Members

Johns Hopkins Advantage MD is introducing two new online diabetes prevention and management programs. Starting January 1, 2020, health care providers can refer JH Advantage MD members directly to one of the programs.

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 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, online, 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.**

Referral Process (Providers can refer eligible members beginning January 1, 2020)

Members cannot be enrolled in both programs, and they cannot self-refer. Starting on January 1, 2020, if your patients would benefit from one of these programs, please refer them to us in one of the following ways:

- **PHONE:** 866-809-2073
- **EMAIL:** HopkinsDiabetes@healthy.works

For all referrals, please include the following information:

- Patient's name; address; home phone #; mobile phone #; email address
- Referring provider's name; NPI #; office address; office phone #; mobile phone #; email address

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