

# Provider Update

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

## New Diabetes Prevention & Management Programs

**Affected Health Plans:** Johns Hopkins US Family Health Plan, Priority Partners, Johns Hopkins Advantage MD

**Overview:** Two programs developed by experts at Johns Hopkins Medicine (DECIDE and act2) are now available to eligible plan members of Johns Hopkins USFHP and Priority Partners. Providers can refer USFHP members to either program, effective Feb. 1. Providers can refer Priority Partners members to DECIDE only, effective Feb. 1. (Note: Providers have been able to refer Johns Hopkins Advantage MD members to both programs since Jan. 1.)

### 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 struggle 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

Members cannot be enrolled in both programs, and they cannot self-refer, though they may be referred by JHHC Care Management or referred by their health care provider.

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](mailto:HopkinsDiabetes@healthy.works)

**Online:** [bit.ly/hopkinsdiabetes](https://bit.ly/hopkinsdiabetes)

For all referrals, please include the following information:

- Patient's name; address; home phone #; mobile phone #
- 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*