

HPC and the [Philadelphia Diabetes Prevention Collaborative](#) are here to help you overcome the barriers to referring and enrolling your patients into the CDC's National Diabetes Prevention Program (National DPP) lifestyle change program. A website and Referral Network Hub has been created for healthcare providers in Southeastern PA to access one place to find a program and refer your patients.

How to refer your patients:

1

Complete screening and testing to determine prediabetes diagnosis or confirm type 2 diabetes risk factors

- [CDC Diabetes Risk Test - English](#) [CDC Risk Test – Spanish](#) or [ADA Diabetes Risk Assessment](#)
- For positive risk assessments of 5 points or higher, conduct a clinical diagnosis of a blood glucose, oral glucose tolerance or hemoglobin A1c test.

2

Complete a referral for patients who qualify for the National DPP lifestyle change program.

- Use this sample [referral](#) form as a guide for the information you need to send to the DPP Provider.
- Make sure to follow your organizations HIPAA policies on transmitting PHI.
- Send referral form to DPP provider by secure email, fax, or mail.

3

Talk with your patients

Patients who receive guidance from their healthcare provider are more likely to attend and complete the program. Help them understand why it is so important to attend the DPP lifestyle change program.

- Keep it simple. Tell them about their risk profile or prediabetes diagnosis (risk test and lab work).
- Use this [resource](#) to help support your discussion and referral.

4

Send referral to a local National DPP Provider

Providers and patients in Philadelphia County zip codes - North Philadelphia: 19140, 19120, 19124, 19134 | South Philadelphia: 19145, 19148

1. Direct secure email DiabetesPreventionReferral.HPC@direct.hsxsepa.org

Or

2. Encrypted email to programinfo@phmc.org

Or

3. Secure fax (267) 592-4094

DPP Referrals for healthcare providers in Bucks, Chester, Delaware, Montgomery and Philadelphia Counties - Identify a National DPP provider by one of three ways:

1. [HPC's National DPP Network Monthly Calendar of Lifestyle Change Program](#)
2. [Pennsylvania Department of Health National Diabetes Prevention Program Locator](#)
3. [CDC-Recognition Registry of National DPP](#)