

## YOUR MEMBER HANDBOOK HAS BEEN CHANGED TO INCLUDE NEW SERVICES

### **Brook+ Diabetes Prevention Program**

If you are at risk for developing type 2 diabetes, Independent Health covers services that may be able to help you. Starting October 1<sup>st</sup>, 2022, Independent Health will cover Brook+, a Centers for Disease Control and Prevention (CDC)-recognized diabetes prevention program that helps people make lifestyle changes so that they can reduce their risk for type 2 diabetes, achieve a healthy weight, and improve their overall health. This program is voluntary and will be available at no cost to eligible members.

Brook+ is completely digital using a smartphone, tablet or computer. No phone calls or appointments are necessary. All participants receive one-on-one help from a personal health coach and have access to group support, too.

### **Eligibility**

You may be eligible for the Brook+ program if you:

- Are at least 18 years old,
- Are not currently pregnant,
- Are overweight,
- Have not been previously diagnosed with type 1 or type 2 diabetes, and
- Do not have End Stage Renal Disease.

And you meet one of the following criteria:

- You have had a blood test result in the prediabetes range within the past year, **or**
- You have been previously diagnosed with gestational diabetes, **or**
- You score 5 or higher on the CDC/American Diabetes Association (ADA) Prediabetes Risk Test.

To check if you are eligible for Brook+, please visit [bit.ly/brookdpp](https://bit.ly/brookdpp) on or after October 1<sup>st</sup>, 2022.

### **Independent Health is here for you!**

If you have any questions, please call our Member Services Department at (716) 631-8701 or 1-800-501-3439, Monday through Friday from 8 a.m. to 8 p.m. (TTY: 711).