

HEALTHCARE PROVIDER NAME
HEALTHCARE PROVIDER ADDRESS

Dear HEALTH INSURANCE COMPANY,

In an effort to improve employee health and wellness and reduce healthcare costs, INSERT YOUR WORKSITE NAME HERE would like to add the National Diabetes Prevention Program (DPP), led by the Centers for Disease Control and Prevention, as a covered benefit for all employees. In this region, the YMCA of Greater Cleveland coordinates this program.

1. The DPP is an innovative evidence-based program to help reduce the risk of developing type 2 diabetes by 58%, and in adults aged 60 and over, by 71% (Centers for Disease Control and Prevention, <http://www.cdc.gov/diabetes/prevention/prediabetes.htm>). It is a year-long program with 16 weekly sessions and 9 followup sessions for the rest of the year with trained lifestyle coaches who empower participants to take charge of their health.

Why offer it as a covered health benefit? The return on investment for focusing on preventative treatment is well worth the investment. Eighty-six million Americans have prediabetes and 90% of them do not know it. The total expense of diagnosed diabetes is estimated at \$245 billion, including both direct and indirect costs. These costs rose from \$174 billion in 2007 and continue to rise, resulting in higher treatment costs for both insurance companies and employers.

This best-practice program produces results and is cost-effective. As part of our worksite's dedication to prevention of chronic disease we would like to ensure that the DPP is offered as part of our health insurance package for employees. We would like to continue this discussion further as modifications to our current benefits plan may change. For future meetings please contact INSERT NAME HERE at EMAIL or PHONE.

Sincerely,

NAME
BUSINESS NAME
PHONE NUMBER
EMAIL ADDRESS