

# EMPLOYER ADOPTION QUICK-START GUIDE

For Health Benefits Brokers and Consultants



1 Review National Diabetes Prevention Program (National DPP) [resources](#) prior to meeting your client.



2 Send the [Introduction E-mail](#) and [Informational Flyer](#) to your client.



3 Schedule and hold a meeting to discuss the National DPP lifestyle change program and its benefits.



4 Tailor your client's journey to adoption by using the Employer Platform.

## About This Guide

This guide was designed to provide health benefits brokers and consultants with suggested steps for talking with clients about adopting the National DPP lifestyle change program as a covered health or wellness benefit. The suggested steps link to resources that can be used at each phase of the National DPP adoption process.

For additional questions, contact:

**Employer Learning Collaborative**,  
a program funded by CDC in  
collaboration with the National  
Association of Chronic Disease Directors

**Sara Hanlon**

MBA Consultant

Worksite Health

[shanlon\\_ic@chronicdisease.org](mailto:shanlon_ic@chronicdisease.org)

→ Find resources and more on the National DPP Insurance Brokers and Consultants page:  
[www.cdc.gov/diabetes/prevention/insurance-brokers-and-consultants.htm](http://www.cdc.gov/diabetes/prevention/insurance-brokers-and-consultants.htm)

The National DPP lifestyle change program is a one-year, [evidence-based program](#) led by a trained Lifestyle Coach. Participants learn new skills, set goals, and receive group support around weight loss and increased physical activity to reduce their risk of type 2 diabetes.