



We heal and inspire the human spirit.

To: PCPs (Low Desert)

From: IEHP – Health Education

Date: September 11, 2025

Subject: **New Diabetes Prevention Program launching in Palm Desert**

We are pleased to announce the launch of our new **Diabetes Prevention Program (DPP)** - a year-long, evidence-based lifestyle change program designed to support individuals who are newly diagnosed with prediabetes or are at high risk for developing type 2 diabetes.

Early intervention is key to preventing the progression of diabetes and improving long-term health outcomes.

Our DPP offers participants the tools, education, and support they need to make sustainable lifestyle changes that can significantly reduce their risk.

Program Benefits:

- Focus on nutrition, physical activity, and sustainable behavior change
- Group-based support in a culturally responsive environment
- Proven to reduce the risk of developing type 2 diabetes by over 50%

Who Should Be Referred?

- Adults with a diagnosis of prediabetes
- Individuals with a BMI ≥ 25 (≥ 23 for Asian Americans)
- Patients with a history of gestational diabetes
- Those with risk factors such as family history, sedentary lifestyle, or elevated A1C

Program Details:

- **Start Date:** September 29, 2025
- **Location:** In-person classes at Variety Children’s Charity of the Desert in **Palm Desert**

How to Refer:

- Submit health education referrals through the IEHP Provider Portal under Prevention
- Members can also register:
 - Online through their My IEHP Health Account at www.iehp.org
 - Calling IEHP Member Services

Your referrals are vital to helping our community take proactive steps toward better health.

Thank you for your continued partnership in promoting wellness and prevention.

If you have any questions, please contact the IEHP Provider Call Center at (909) 890-2054, (866) 223-4347 or email ProviderServices@iehp.org

All IEHP communications can be found at: www.providerservices.iehp.org > News and Updates > Notices