












Is it the National DPP?

Recognizing other names for the National Diabetes Prevention Program lifestyle change program



As an employer, you might already be working with or looking into a provider that offers the CDC-recognized National Diabetes Prevention Program (National DPP) lifestyle change program. There are thousands of CDC-recognized organizations offering the program, including many that are branded under different names. Branded names can make it challenging to identify which organizations are CDC-recognized. The purpose of this document is to identify some of the **larger, well-known CDC-recognized organizations and web-applications that offer the program virtually under different names**. This is not a comprehensive list. The below information about each provider is publicly available. For more detail on the organization's offering, visit their individual websites.

CDC's [National DPRP Registry](#) offers a complete list of all recognized organizations that deliver the National DPP lifestyle change program in communities across the United States. This resource is useful for employers looking for a local, small- to medium-sized delivery organization. Many local CDC-recognized organizations have community trust and can be valuable partners in providing the National DPP lifestyle change program. For more details about the value of choosing a CDC-recognized program, read our publication about [Why Choosing a CDC-Recognized Program Matters](#) to employers.

Provider	Description
	Blue Mesa , now Virgin Pulse, is a health technology and digital therapeutics company that offers the National DPP lifestyle change program. Blue Mesa's National DPP lifestyle change program, called "Transform," is digital and is offered in five languages.
	Black Women's Health Imperative offers a digital National DPP lifestyle change program called <i>Change Your Lifestyle. Change Your Life</i> . Their program is virtually offered and tailored specifically for Black women.
	Canary Health offers a digital National DPP lifestyle change program through their Canary Coaches program. Canary Health also provides a chronic disease self-management program.
	HabitNu offers the National DPP lifestyle change program through a telehealth platform that handles program delivery, claims submission and reimbursement, and tracking for outcomes. HabitNu provides online and in-person programs. HabitNu also offers diabetes self-management, heart health, and behavioral weight loss programs.
	IncentaHEALTH is a digital health company that provides diabetes prevention tools and provides the National DPP lifestyle change program. IncentaHEALTH uses personalized daily health coaching and measures progress through visual tracking and weight tracking. They reward improvements with cash.
	Lark uses a digital platform to provide the National DPP lifestyle change program. To drive behavior change and lower the financial risk for employers offering the program, Lark uses performance-based billing through claims. Their offerings also include programs to address behavioral health and hypertension.

	Livongo , now part of Teladoc Health, combines live and recorded classes into its National DPP curriculum. Livongo also offers programs for high blood pressure, diabetes management, weight management, and mental health.
	In addition to providing the National DPP lifestyle change program, Noom offers programs for hypertension prevention and management and diabetes management. Noom's programs are fully mobile and online.
	Omada is a digital provider of the National DPP lifestyle change program. In addition to the National DPP lifestyle change program, Omada provides programs to address musculoskeletal needs, behavioral health, and hypertension.
	Real Appeal DPP is a CDC-recognized National DPP program. The program is administered virtually and is accessible to individuals and employers. Note that Real Appeal DPP is a different offering than Real Appeal, which is the company's general weight loss program.
	WellDoc offers a digital National DPP lifestyle change program for employers called "DPPStar," which uses a CDC-approved curriculum called PreventT2. WellDoc also addresses hypertension.

In addition to the above named providers who offer the program virtually, employers may be interested in learning what **vendors help CDC-recognized organizations administer their National DPP lifestyle change programs**. Below are two recognizable vendors that employers can work with.

Provider	Description
	HALT Diabetes is an online platform for delivery of the National DPP lifestyle change program offered in English and Spanish along with hypertension education. It features a CDC-approved, video curriculum, photo food logging, fitness tracking, text messaging, and user dashboards. It is all supported by a local, live coach to achieve a high-touch and high-tech experience on custom mobile and desktop platforms.
	Solera Health functions as a network administrator of the National DPP lifestyle change program by managing a variety of "downstream" vendors. They offer both virtual and in-person programs. In addition to the National DPP lifestyle change program, Solera also offers programs for fall prevention, tobacco cessation, social connectedness, mental health and stress, and personal care services.



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