YMCA Diabetes Prevention Program (DPP) Guidelines

Below you will find information about the YMCA Diabetes Prevention Program offered by the University of Cincinnati. Please review the information below carefully before committing to participate in this program. UC is subsidizing the cost of the program for eligible employees which represents a significant investment of resources.

- This program consists of 25 total sessions over the course of one calendar year. There will be 16 weekly sessions and 3 sessions every other week during the first 6 months, followed by 6 monthly sessions in the second 6 months.

- The University of Cincinnati (UC) will subsidize the cost of the program for eligible participants once. In addition to meeting clinical criteria for participation, each participant must be actively employed by UC and enrolled in the UC Anthem medical plan in order to be eligible to enroll in the program.

- Each participant will receive a one year individual membership to the YMCA (YMCA locations include the 14 local Ohio and Northern Kentucky locations as well as others across the country).

- Each participant is permitted to miss 3 sessions during the 12-month program period. If 3 sessions are missed, the YMCA membership (provided through this program) will be cancelled.

- If a participant separates from employment or withdraws from the program for any reason, the YMCA membership will be cancelled. If an employee separates employment before session #9 and he/she wishes to continue with the DPP, he/she will be responsible for the remaining balance of $143 (in this case, the Y membership will continue).

- By enrolling in the DPP at UC, you are acknowledging that UC will be informed of your attendance to verify the funding of the program, and you accept financial responsibility as outlined above if the guidelines are not met.

- Parking reimbursements are not available. Each participant is responsible for any associated costs.