YMCA Diabetes Prevention Program (DPP) Guidelines

The CDC-recognized YMCA DPP is proven to help reduce the risk of type 2 diabetes for participants who actively engage throughout the year long program with facilitation by a trained lifestyle coach and ongoing interaction with a consistent group of colleagues. Below are guidelines established by the YMCA and UC for those joining the YMCA DPP offered at the University of Cincinnati (UC). UC Benefits is subsidizing the cost of the program for eligible employees. Please review these carefully before enrolling in the DPP. Enrollment is limited and the program represents a significant financial investment in each class participant.

- This program consists of 25 total sessions over the course of twelve months. 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.

- 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).

- Attendance at the Introductory Session 0 is mandatory.

- Each participant is permitted to miss 3 sessions during the 12-month program period (excluding the mandatory Introductory Session 0). If 3 sessions are missed during the 12 month period, the YMCA membership (provided through this program) will be cancelled. If 6 sessions are missed during the 12 month period, your enrollment in the DPP will be revoked and you will not be able to continue participating.

- 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 cost of the program (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.

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