Medicare Diabetes Prevention Program

YOU ARE NOT ALONE—MEDICARE CAN HELP





DID YOU KNOW?

CDC data estimates that **40 million Americans** have undiagnosed or have been diagnosed with diabetes.

Nearly 1 in 2 adults 65 or older have prediabetes.

Talk to your doctor to learn more, or visit:

Medicare.gov/coverage/medicare-diabetes-prevention-program
1-800-MEDICARE (1-800-633-4227)

- Medicare and Medicare Advantage beneficiaries can access a diabetes prevention lifestyle program at no cost if you qualify.
- Recent changes have expanded the program's reach so it's now easier than ever to get started.
- There is no limit on the number of times you can participate.

What is the Medicare Diabetes Prevention Program or MDPP?

The MDPP is a diabetes-prevention lifestyle program that spans 16 weekly sessions over a six-month period.

In these sessions, you'll get:

- Training to make realistic, lasting behavior changes around diet and exercise
- Tips for getting more exercise
- Strategies to control your weight
- A specially trained coach to help keep you motivated
- Support from people with similar goals and challenges
- Six monthly follow-up sessions to help you maintain healthy habits.

How can I participate?

- In-person sessions
- Virtual live, online sessions
- Pre-recorded online sessions
- A combination of the above!

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How do I get started?

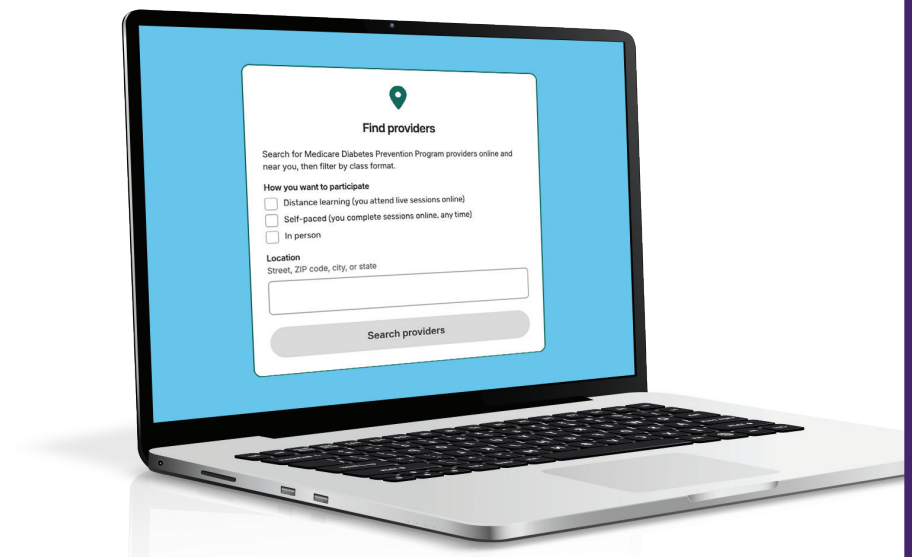
Step 1

Talk to your doctor to see if you qualify and get a diabetes screening test. Up to two screenings are covered by Medicare per year if you're at risk for developing diabetes.

For more information about Medicare coverage of Diabetes screenings, visit Medicare.gov/coverage/diabetes-screenings or call: 1-800-MEDICARE (1-800-633-4227) or 1-877-486-2048.

Step 2

Find a MDPP service provider near you or online, by visiting Medicare.gov/coverage/medicare-diabetes-prevention-program



DIABETES RISK FACTORS

You are likely at risk for developing diabetes if…

You have at least one of these risk factors:

- High blood pressure
- History of abnormal cholesterol and triglyceride levels
- Obesity
- History of high blood sugar

OR

If you have two or more of the following:

- You're 65 or older
- You're overweight
- You have an immediate family history of diabetes
- You have a history of diabetes during pregnancy or delivered a baby weighing 9+ lbs

If these apply to you, talk to your doctor about getting screened for diabetes and getting started on your MDPP journey today!

For more information about Medicare coverage of diabetes screenings:

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Medicare.gov/coverage/diabetes-screenings

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