

# Prevent Type 2 Diabetes – Medicare Can Help

Half of adults 65 or older have prediabetes. Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough to be diagnosed as type 2 diabetes. Prediabetes is sometimes called borderline diabetes or high blood sugar.

Fortunately, you may be able to delay or prevent type 2 diabetes. If you get regular exercise and lose even a small amount of weight (if you're overweight), you can lower your risk for type 2 diabetes.

## Medicare can help you lower your risk

Medicare covers a once-per-lifetime health behavior change program to help you prevent type 2 diabetes. The Medicare Diabetes Prevention Program begins with up to 16 weekly group sessions over a 6-month period.

### In these sessions, you'll get:

- Training to make realistic, lasting behavior changes around diet and exercise
- Tips on how to get more exercise
- Strategies to control your weight
- A specially trained coach to help keep you motivated
- Support from people with similar goals and challenges

You can choose to attend sessions in person, virtually, or both. Once you complete the group sessions, you'll get 6 monthly follow-up sessions to help you maintain healthy habits.

## Who's eligible?

To be eligible, you must have:

- Medicare Part B (Medical Insurance) or a Medicare Advantage Plan
- Within 12 months of your first session, you have either a:
  - Hemoglobin A1c test result between 5.7 and 6.4%
  - Fasting plasma glucose of 110–125mg/dL
  - 2-hour plasma glucose of 140–199 mg/dL (oral glucose tolerance test)

- A body mass index (BMI) of 25 or more (BMI of 23 or more if you're Asian)
- No history of type 1 or type 2 diabetes
- No End-Stage Renal Disease (ESRD)
- Never participated in the Medicare Diabetes Prevention Program

## What do I pay for these services?

You pay nothing for these services if you're eligible.

## Where can I get these services?

You can get these services from an approved Medicare Diabetes Prevention Program supplier. These suppliers may be traditional health care providers or organizations like community centers or faith-based organizations. **To find a supplier, visit [Medicare.gov/coverage/medicare-diabetes-prevention-program](https://www.medicare.gov/coverage/medicare-diabetes-prevention-program).**

If you're in a Medicare Advantage Plan, contact your plan to find out where to get these services.

## For more information about prediabetes

- Talk to your doctor to find out if you're eligible for the program.
- Visit [CDC.gov/diabetes-prevention/lifestyle-change-program/ndpp-medicare-program.html](https://www.cdc.gov/diabetes-prevention/lifestyle-change-program/ndpp-medicare-program.html).

## For more information about Medicare coverage

- Visit [Medicare.gov/coverage](https://www.medicare.gov/coverage).
- Call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.



**Medicare**

You have the right to get Medicare information in an accessible format, like large print, braille, or audio. You also have the right to file a complaint if you feel you've been discriminated against. Visit [Medicare.gov/about-us/accessibility-nondiscrimination-notice](https://www.medicare.gov/about-us/accessibility-nondiscrimination-notice), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.

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