



Medicare



Medicare Diabetes Prevention Program

Medicare covers the Medicare Diabetes Prevention Program, a health behavior change program to help you prevent or delay **type 2 diabetes**. The program includes 22 group sessions with a trained coach who works with you to make lasting diet and exercise changes. You'll also get support to keep you motivated.

To qualify, you must have:

- Medicare Part B
- Blood tests (like hemoglobin A1C or fasting plasma glucose) within certain ranges
- A body mass index (BMI) of 25 or more (BMI of 23 or more if you're Asian)
- Never been diagnosed with type 1 or type 2 diabetes or End-Stage Renal Disease (ESRD)
- Never participated in the Medicare Diabetes Prevention Program



Talk to your doctor to learn more, or visit:

Medicare.gov

1-800-MEDICARE (1-800-633-4227)

TTY 1-877-486-2048