



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. You can choose to attend sessions in person, virtually, or a combination of both.

To qualify, you must have:

- Medicare Part B (Medical Insurance)
- 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