

YOU CAN PREVENT TYPE 2 DIABETES WITH THE Medicare Diabetes Prevention Program (Medicare DPP)



Nearly half of U.S. adults aged 65 or older have prediabetes (sometimes called high blood sugar).

If you have prediabetes, you are at higher risk for type 2 diabetes, heart attack, and stroke.



YOU MAY HAVE PREDIABETES AND BE AT RISK FOR TYPE 2 DIABETES IF YOU HAVE THE FOLLOWING RISK FACTORS:



Are 45 years or older



Are overweight



Have a parent, brother, or sister with type 2 diabetes



Are physically active fewer than 3 times per week



Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby who weighed more than 9 pounds

African Americans, Hispanic/Latino Americans, American Indians, Alaska Natives, Pacific Islanders, and some Asian Americans are at higher risk.

Medicare DPP is a Free Program to Reduce Your Risk of Type 2 Diabetes

If you have prediabetes, **now** is the time to take charge of your health and make a change. Taking part in a structured lifestyle change program like the Medicare Diabetes Prevention Program (Medicare DPP) can help. And with Medicare Part B, it's free!

Medicare DPP is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It features an approach that is proven to prevent or delay type 2 diabetes.

The program teaches you techniques to improve food choices and increase physical activity to at least 150 minutes a week to help you lose 5 to 7 percent of your body weight. (That is 10 to 14 pounds for a person weighing 200 pounds.) Years of research has shown that for people 60 years or older, these lifestyle changes can cut the risk of developing type 2 diabetes by more than 70 percent.

Prediabetes Can Lead to Type 2 Diabetes

Having prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough yet to be diagnosed as diabetes. But don't let the "pre" in prediabetes fool you into thinking it's not a problem. This condition raises your risk of type 2 diabetes, heart disease, and stroke. Without weight loss or moderate physical activity, many people with prediabetes develop type 2 diabetes within several years.

Type 2 diabetes is a serious condition that can lead to other health issues such as heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs. The lifestyle changes you make in the Medicare DPP will help you prevent or delay type 2 diabetes and its complications.



How the Program Works

With Medicare DPP, you get a full year of support at no cost to you. You'll attend weekly 1-hour core sessions for up to 6 months and then monthly sessions for the rest of the year to help your new, healthy habits stick and keep you from slipping back into old habits.

You will learn to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of your goals. By meeting with others who have prediabetes, you can celebrate each other's successes and work together to overcome obstacles. You can even join the program with friends or family members who are eligible to prevent type 2 diabetes together.

Benefits of the Program

When you join the Medicare DPP, you will get a trained lifestyle coach and work with other participants to learn the skills you need to make lasting healthy changes. These changes can help you not only prevent type 2 diabetes but also improve your overall health and manage other conditions like high blood pressure and high cholesterol. The Medicare DPP may also help you feel better and give you more energy to do the things you love to do.

Medicare DPP Is Offered in Our Community at:

 **There are no out-of-pocket costs for participants enrolled in Medicare Part B.**

MEDICARE DPP GIVES YOU:



Trained lifestyle coach



CDC-approved curriculum with handouts and tools



Group interaction



A year of learning and support — weekly sessions for up to 6 months, then monthly for the rest of the year

WHAT MEDICARE DPP PARTICIPANTS ARE SAYING:

“Our lifestyle coach teaches us how to keep our blood sugar at better levels by eating small meals, spacing them out throughout the day, and picking the right things. Then, she sends out weekly reminders to keep us motivated.”

— Jeanne Rogert, 69

“The materials we get from our lifestyle coach have been really valuable and I’m able to refer back to them when I need motivation or help.”

— Donna Millang, 70

Find Out If You Have Prediabetes:



Take this fact sheet to your health care provider and ask to be tested for prediabetes. The health care provider may order a simple blood test.



You can also check out the Prediabetes Risk Test at <https://www.cdc.gov/prediabetes/takethetest>. If your score shows you are at high risk for prediabetes, talk to your health care provider.

Call Or Visit Us on the Web Today to Find Out If You Are Eligible for Medicare DPP!