

Understanding Medicare Wellness Visits: Initial Preventive Physical Exam



Modeled after the Centers for Disease Control and Prevention-recognized **National Diabetes Prevention Program**, the Medicare Diabetes Prevention Program (MDPP) can reduce the risk of type 2 diabetes (T2D) by [71% in those 60 and older](#), improve health, and build healthy habits that last a lifetime. MDPP is offered at no cost to eligible Medicare patients.

What is MDPP?

MDPP is a 12-month program that helps participants learn how to eat healthy and be more active. Participants attend up to 22 group sessions, working with a trained lifestyle coach to find healthy ways to manage stress, stay motivated, and solve problems that impede progress toward goals.

The lifestyle coach may also adapt the program to match participant backgrounds, interests, and needs. This includes showing them how to prepare healthy versions of local and international foods, providing helpful tips for eating healthy during the holidays, and sharing local events to help participants stay physically active.

[Watch This Video to Learn More](#)

How Patients Can Get Started With MDPP

- **Determine patient eligibility.** Requirements include documentation of elevated plasma glucose or hemoglobin A1C and a Body Mass Index exceeding 25. Learn about the other eligibility criteria in the video above.
- **Help patients find a local program.** Locate MDPP suppliers near your patients with this [referral map](#), which shows MDPPs by ZIP code.
- **Offer your advice and support.** While a referral is not required, your encouragement and expertise can motivate patients to participate. Check out a [quick video](#) for tips on how to talk to patients about MDPP.

Making the necessary lifestyle changes to prevent T2D can be challenging for many patients. Through MDPP, your patients won't have to go through these changes alone. If you have additional questions, contact your Medicare Administrative Contractor at innovation@CGSAdmin.com.