

# Help Patients Make Lasting Lifestyle Changes With Medicare Diabetes Prevention Program

**The Medicare Diabetes Prevention Program helps build healthy habits.**



Making the necessary lifestyle changes to prevent type 2 diabetes (T2D) can be challenging for many people. With the Medicare Diabetes Prevention Program (MDPP), your patients won't have to make these changes alone.

MDPP is based on the Centers for Disease Control and Prevention's National Diabetes Prevention Program, a lifestyle-change program proven to reduce the risk of T2D by [71% in those 60 and older](#) with prediabetes. MDPP is [covered by Medicare Part B](#) and is available at no cost to eligible Medicare patients.

## Why should patients participate in MDPP?

The 52-week program offers patients support and resources to prevent or delay the progression of prediabetes to T2D, starting with 6 months of weekly group sessions. Through these sessions, patients will receive training on how to make realistic and lasting changes to their diet and exercise habits, with support from a trained coach and a group of peers with similar goals and challenges.

[Watch this video](#) to learn more about the program and how to get eligible patients involved.

As a provider, you can help your patients with prediabetes make healthy changes that will last by encouraging eligible patients to enroll. The [CMS website](#) provides more information and how to locate an MDPP program. If you have additional questions, contact your Medicare Administrative Contractor at [innovation@CGSAdmin.com](mailto:innovation@CGSAdmin.com).