

# Medicare Lifestyle-change Program Can Reduce Risk for Type 2 Diabetes

In 2021, diabetes deaths surpassed 100,000 for the second year in a row.<sup>1</sup> Fortunately, type 2 diabetes (T2D)—and its serious health complications—can be prevented or delayed with moderate lifestyle changes.

The Medicare Diabetes Prevention Program (MDPP) is a lifestyle-change program designed to reduce the risk for T2D among people with prediabetes. MDPP is modeled after the evidence-based [National Diabetes Prevention Program](#), led by the Centers for Disease Control and Prevention, and **proven to reduce T2D risk by 71%** in people aged 60 and older.<sup>2</sup>

## What do patients get with MDPP?

MDPP includes up to 22 group sessions over a 12-month period, available at no cost for people with Medicare. The sessions include group-based, practical training on implementing long-term dietary changes, increasing physical activity, and using behavior-change strategies for weight control.

## How can I get patients involved?

1. *Find out if your patients are eligible for MDPP.* Requirements include Medicare enrollment, elevated plasma glucose or hemoglobin A1c, and a BMI exceeding 25. [Read on](#) to learn about the other eligibility criteria.
2. *Talk to your patients.* While provider referral is not required for patients to enroll, hearing from you, a trusted source of health information, can motivate them to participate. To learn more and to help you talk to your patients about MDPP, check out this helpful [video](#) and [flyer](#) with resources and information on the elements of MDPP, the benefits for its participants, and how to get involved.
3. *Find a local MDPP for your patients.* This [referral map](#) shows MDPP locations by ZIP Code to help you refer patients to a MDPP close to them.

For more information, contact your Medicare Claims Administrator at [CGS Administrators](#).

## PREVENTING TYPE 2 DIABETES

**With MDPP, participants can learn to:**

- Make healthy food choices
- Be more physically active
- Find ways to manage stress



<sup>1</sup> Terhune, C., & Respaut, R. (2022, January 31). *Exclusive: U.S. diabetes deaths top 100,000 for second year in a row.* <https://www.reuters.com/world/us/exclusive-us-diabetes-deaths-top-100000-second-straight-year-federal-panel-urges-2022-01-31/>

<sup>2</sup> Centers for Disease Control and Prevention. (2021). *Prediabetes – Your chance to prevent type 2 diabetes.* <https://www.cdc.gov/diabetes/basics/prediabetes.html>