



Medicare Diabetes Prevention Program Fact Sheet



Eligibility

To be eligible for the Medicare Diabetes Prevention Program, participants must:

- ✓ Be enrolled in Medicare Part B through Original Medicare (Fee-for Service) or a Medicare Advantage (MA) plan.

AND

- ✓ Have a BMI of 25 or greater

AND

- ✓ Meet one of these criteria up to 12 months before the first class:
 - A1c of 5.7% - 6.4%
 - Fasting glucose of 110-125 mg/dL
 - 2-hour glucose of 140-199 mg/dL (oral glucose tolerance test)

**ARE YOU
ELIGIBLE?**

NOTE: Those previously diagnosed with type 1 or type 2 diabetes or end-stage renal disease are NOT eligible for the program.

Program Details

- ✓ This is a once-per-lifetime Medicare benefit
- ✓ Year long, evidence based lifestyle change program for people at risk of developing type 2 diabetes
- ✓ 1-1.5 hour, group sessions facilitated by a Lifestyle Coach
- ✓ First six months: 18 weekly sessions in the first six months (3 on, 1 off)
- ✓ Second six months: 6 monthly sessions
- ✓ *(Do we need to mention year 2?)*
- ✓ Evidence shows that there is a positive correlation between the number of sessions attended and success in meeting goals. So to ensure your success, participants may miss no more than 4 classes in the first six months and 2 classes in the last six months. Participants should not miss 2 sessions in a row without prior arrangements.
- ✓ Make up sessions may be available for extenuating circumstances
- ✓ With your permission, periodic updates may be sent to your physician
- ✓ Registration is required at each visit





Program Goals

- ✓ 5-7% weight loss and 150 minutes of weekly physical activity
- ✓ Monitor weight, physical activity, and food choices
- ✓ Get educated on a variety of healthy lifestyle topics
- ✓ Set goals and assess your progress
- ✓ Form supportive and encouraging relationships with other members
- ✓ Participate in group discussion about goals, challenges, ideas, etc.

Lifestyle Coaches

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<u>2021-2022 Class Dates</u>	<u>Location</u>	<u>Time</u>
1. Tuesday, July 20	Baumgart Room	12:30-2p
2. Tuesday, July 27	Baumgart Room	12:30-2p
3. Tuesday, August 3	Computer Room	12:30-2p
4. Tuesday, August 17	Baumgart Room	12:30-2p
5. Tuesday, August 24	Baumgart Room	12:30-2p
6. Tuesday, August 31	Computer Room	12:30-2p
7. Tuesday, September 14	Computer Room	12:30-2p
8. Tuesday, September 21	Computer Room	12:30-2p
9. Tuesday, September 28	Baumgart Room	12:30-2p
10. Tuesday, October 12	Computer Room	12:30-2p
11. Tuesday, October 19	Baumgart Room	12:30-2p
12. Tuesday, October 26	Baumgart Room	12:30-2p
13. Tuesday, November 9	Computer Room	12:30-2p
14. Tuesday, November 16	Computer Room	12:30-2p
15. Tuesday, November 23	Baumgart Room	12:30-2p
16. Tuesday, December 7	Computer Room	12:30-2p
17. Tuesday, December 14	Computer Room	12:30-2p
18. Tuesday, December 21	Computer Room	12:30-2p
19. Tuesday, January 18, 2022	TBD	12:30-2p
20. Tuesday, February 15	TBD	12:30-2p
21. Tuesday, March 15	TBD	12:30-2p
22. Tuesday, April 19	TBD	12:30-2p
23. Tuesday, May 17	TBD	12:30-2p
24. Tuesday, June 21	TBD	12:30-2p

