



## ***Medicare Diabetes Prevention Program (MDPP)***

Type 2 diabetes affects many Americans ages 65 and over. If you have an indication of prediabetes you'll be glad to hear this disease can usually be delayed or prevented with changes to your diet and increased exercise. Beginning April 1, 2018, Medicare Diabetes Prevention Program (MDPP) services will be covered for members meeting CMS eligibility criteria.

CMS eligibility criteria consists of:

- BMI of or above 25 (or 23 if self-identified as Asian)
- Blood glucose levels in the prediabetes range
- No previous diagnosis of Type 1 or 2 Diabetes
- No previous MDPP sessions
- No diagnosis of End-Stage-Renal-Disease (ESRD)

MDPP services provide structured sessions with a certified lifestyle coach to teach long-term dietary changes, tips to increase physical activity, and strategies for sustaining weight loss and behavioral changes. The program runs sessions at different intervals totaling 24-months. During the sessions, member's weight and activity for the interval will be logged. Overall weight-loss and attendance will determine eligibility for continuing through the program.

There is **no** coinsurance, copayment, or deductible for the MDPP Benefit! Plan will not provide transportation to MDPP suppliers or reimburse for costs related to transportation.

To learn more about this service, make an appointment with your PCP today to see if you meet prior authorization requirements!