

## **Medicare Diabetes Prevention Program**

### **What is the Medicare Diabetes Prevention Program?**

Peak covers the Medicare Diabetes Prevention Program (MDPP) for members over the age of 18 who have prediabetes or are at risk for type 2 diabetes. This program is not for people who already have diabetes or who have already participated in the MDPP before. Participants of this program will have the opportunity to participate in ongoing health coaching and education that teaches long-term dietary change, increased physical activity, and behavior change strategies for weight control and diabetes risk. This program utilizes Medicare Diabetes Prevention Program affiliated providers at no cost to the member.

### **How it works?**

MDPP is a proven program managed by the Centers for Medicare and Medicaid Services (CMS) and the Centers for Disease Control and Prevention (CDC). It has shown to delay or even prevent type 2 diabetes with healthy eating habits along with exercise. Patients can refer themselves or their healthcare provider can refer them. This program is not a weight loss program, it's a lifestyle program that concentrates on lifestyle changes.

### **Enrolling in DPP?**

Members can contact Member Services at 1-855-962-7325 for information about eligibility and enrollment, including assistance in locating an MDPP program provider. Additional information can be accessed at [Medicare Diabetes Prevention Program at CMS.gov](https://www.cms.gov/medicare/diabetes-prevention-program).