

Diabetes Prevention Strategy



Diabetes Prevention Program

The Diabetes Prevention Program (DPP) is the gold standard for treating prediabetes, teaching lifelong lifestyle strategies and specific education on how to prevent progression to diabetes.

DPP is a 12-month lifestyle change program that helps delay or prevent type 2 diabetes. It focuses on healthy eating, physical activity, and behavior modification through a structured curriculum delivered by trained lifestyle coaches. It is usually 100% covered by your insurance if you qualify, and can be offered in-person, virtually, or hybrid.

Did you know...

This program can cut your chance of getting type 2 diabetes by more than half!

Even after 10 years, people who went through the program were still about a third less likely to develop diabetes. And if you're 60 or older, the benefits are even greater — the program reduced risk by over 70 percent.

How it works

Usual Program Structure



Core Sessions (Months 1-6)

Weekly group sessions focusing on healthy eating, physical activity, and lifestyle strategies.



Maintenance Phase (Months 7-12)

Monthly sessions to help maintain healthy habits and continue progress.



Ongoing Support

Continued access to resources and support to maintain your healthy lifestyle.

Program Goals

- ✓ **Lose at least 5 - 7% of your starting body weight.** This amount of weight loss has been shown to improve your blood work, improve your body's inflammation, and improve your metabolic health.
- ✓ **Engage in at least 150 minutes of physical activity each week.**
- ✓ **Build long-term healthy habits.**

Ask your care team for a referral to the Diabetes Prevention Program!

Pros



- Often covered by insurance, with alternative free programs available for some.
- Learn in a supportive environment alongside your peers.
- Gain knowledge and skills to live a healthy lifestyle and prevent diabetes.

Cons



- In person programs may not be available in your area.
- Long-term time commitment.
- Content covered may not be tailored for specific cultures or personal preferences.

Insurance and cost

Medicare

Covered

The DPP is covered by Medicare Part B with no copay if you meet these criteria:

- ✓ Within 12-months before attending your first session, you have at least one of the following:
 - a. A1C test result between 5.7% and 6.4%.
 - b. Fasting plasma glucose test result of 110 - 125mg/dL.
 - c. 2-hour plasma glucose of 140 - 199 mg/dL (“oral glucose tolerance test”).
- ✓ You have a body mass index (BMI) of 25 or more (BMI of 23 or more if you’re Asian).
- ✓ You've never been diagnosed with type 1 or type 2 diabetes or End-Stage Renal Disease (ESRD).

Medicaid

Covered

In Michigan, Medicaid covers the DPP, if you meet these criteria:

- ✓ 18 years or older.
- ✓ Have “overweight or obesity” as defined by Body Mass Index (BMI) AND at least one of the following:
 - a. Score at “high risk” on the CDC prediabetes risk test.
 - b. Elevated blood glucose levels according to CDC Diabetes Prevention Recognition Program (DPRP).
 - c. History of gestational diabetes mellitus (GDM).

Take the CDC
**prediabetes risk
test**

michmed.org/nVRmb



Commercial/ Employer Insurance

Call the number on the back of your insurance card to check for DPP coverage and copay details.

Coverage Varies