



Half of adults 65 or older have prediabetes

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough to be diagnosed as type 2 diabetes. You may also hear prediabetes referred to as borderline diabetes or high blood sugar.

Diabetes affects more than 25 percent of Americans aged 65 or older, and it's projected to increase approximately two-fold for all U.S. adults (ages 18-79) by 2050 if current trends continue.

Fortunately, type 2 diabetes may be delayed or prevented with healthy behavior changes. Getting regular exercise and losing even a small amount of weight, if you're overweight, can lower your risk for developing type 2 diabetes.



For more information about prediabetes, please talk with your medical professional.

Do you have questions about MDPP services? Call the Senior Health Insurance Program (SHIP).

- In Kentucky, call KY SHIP at 1.877.293.7447 (option #2)
- In Ohio, call OSHIIP at 1.800.686.1578

Take charge of your health to prevent or delay type 2 diabetes. With a few behavior changes, you'll have more energy to do the things you love!



STAY HEALTHY

PREVENT TYPE 2 DIABETES



For People with Medicare Who Have Prediabetes

Jurisdiction 15 Medicare Administrative Contractor
KENTUCKY | OHIO



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Medicare can help you lower your risk!

Medicare's Diabetes Prevention Program is a proven health behavior change program to help you prevent type 2 diabetes.

The program begins with 16 core sessions offered in a group setting over a 6-month period. In these sessions, you'll get:

- Training to make realistic, lasting behavior changes around diet and exercise.
- Tips on how to get more exercise
- Strategies for controlling your weight
- A behavior coach, specially trained to help keep you motivated
- Support from people with similar goals and challenges

Once you complete the core sessions, you'll get:

- Six more months of less intensive monthly follow-up sessions to help you maintain healthy habits
- An additional 12 months of ongoing maintenance sessions if you meet certain weight loss and attendance goals

This program has been shown to lower the risk of type 2 diabetes by more than 70% for people age 60 or older!



Am I eligible to participate?

Part B covers a diabetes prevention program if all of these conditions apply to you:

- Within 12 months prior to attending the first core session, you have:
 - » A hemoglobin A1c test result between 5.7 and 6.4%, or
 - » A fasting plasma glucose of 110-125mg/dL, or
 - » A 2-hour plasma glucose of 140-199 mg/dL (oral glucose tolerant 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
- You've never been diagnosed with End-Stage Renal Disease (ESRD)
- You've never participated in the Medicare Diabetes Prevention Program.



How much do I pay for MDPP services?

If you are eligible to participate, Medicare Part B deductible and coinsurance do not apply. MDPP services are completely FREE!

Who offers these services?

You can get MDPP services from an approved Medicare Diabetes Prevention Program supplier. These suppliers may be traditional health care providers or organizations like community centers, YMCAs, or other faith-based organizations. To find a supplier in your area, visit <https://www.Medicare.gov/contacts>.

