

# Medicare Diabetes Prevention Program

Medicare covers a health behavior change program to help you prevent or delay type 2 diabetes. The program includes 22 group sessions with a behavior coach who works with you to make lasting diet and exercise changes. You'll also get support to keep you motivated.

## To be eligible, you must have:

- Medicare Part B
- Blood tests (like hemoglobin A1c and fasting plasma glucose) within certain ranges
- A body mass index (BMI) of 25 or more (BMI of 23 or more if you're Asian)
- Never been diagnosed with type 1 or type 2 diabetes or End-Stage Renal Disease (ESRD)
- Never participated in the Medicare Diabetes Prevention Program

Talk to your doctor and visit [Medicare.gov/coverage/diabetes-prevention-program](https://www.medicare.gov/coverage/diabetes-prevention-program) to learn more. You can also call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

