Stay Healthy—Prevent Type 2 Diabetes

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.

For more information about prediabetes:
- Talk to your doctor.

For more information about Medicare coverage:
- Visit Medicare.gov.
- Call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

You have the right to get Medicare information in an accessible format, like large print, Braille, or audio. You also have the right to file a complaint if you feel you’ve been discriminated against. Visit Medicare.gov/about-us/nondiscrimination/accessibility-nondiscrimination.html, or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.

Paid for by the Department of Health & Human Services

CMS Product No. 12019
August 2018
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.

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.

Medicare can help you lower your risk

Medicare covers a once-per-lifetime 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.
- 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.

Once you complete the core sessions, you’ll get:
- 6 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.

Who’s eligible?

To be eligible, you must have:
- Medicare Part B.
- A hemoglobin A1c test result between 5.7 and 6.4%, a fasting plasma glucose of 110-125 mg/dL, or a 2-hour plasma glucose of 140-199 mg/dL (oral glucose tolerant test) within 12 months of attending the first core session.
- 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.

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

What do I pay for these services?

You pay nothing for these services if eligible.

Who can offer these services?

You can get these services from an approved Medicare diabetes prevention program supplier. These suppliers may be traditional health care providers or organizations like community centers or faith-based organizations. To find a supplier, visit Medicare.gov/Contacts.

If you’re in a Medicare Advantage Plan, contact your plan to find out where you can go to get these services.