Medicare Diabetes Prevention Program

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CDC data estimates that 40 million Americans have undiagnosed or have been diagnosed with diabetes. Nearly 1 in 2 adults 65 or older have prediabetes.

The Medicare Diabetes Prevention Program (MDPP) is a diabetes-prevention lifestyle program that spans 16 weekly sessions over a six-month period.

Medicare Advantage beneficiaries at risk for type 2 diabetes have more opportunities to access the MDPP thanks to several recent changes:

- Medicare now allows a virtual option (in addition to hybrid and in-person), helping to reach more beneficiaries in rural and underserved communities.
- There is no longer a limit on the number of times Medicare beneficiaries can participate in the program.
- Medicare also now covers the A1C blood test for diabetes and prediabetes screening, which means more beneficiaries can qualify for the MDPP and begin preventive measures sooner.

Download flyer (PDF)

URL: https://patients.ama-assn.org/public-health/prevention-wellness/medicare-diabetes-prevention-program
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