

Medicare Diabetes Prevention Program (MDPP)



Changing Behavior to Stop Diabetes in Your Community

Diabetes deaths topped 100,000 for the second straight year in 2021. The U.S. Preventive Services Task Force recommends offering or referring patients with prediabetes to effective, preventive interventions. MDPP can be a great solution!

What Is MDPP?

The evidence-based MDPP is designed to delay or stop the progression to type 2 diabetes among eligible Medicare beneficiaries who have prediabetes. A 12-month, peer-to-peer program led by a clinician, MDPP consists of 16 weekly core sessions and 6 monthly maintenance sessions and helps participants learn to make healthy food choices, be more physically active, and find ways to manage stress.



[Watch this video](#) featuring MDPP providers at The Ohio State University.

MDPP Benefits for Your Patients

MDPP is modeled after the evidence-based National Diabetes Prevention Program, which is proven to **reduce T2D risk by 71%** in people 60 and older. MDPP:

- Is **free** for eligible patients
- **Fosters peer-to-peer engagement**, where group members share experiences about what works for them and how to overcome challenges
- **Empowers patients to serve as role models of healthy living** for their children, grandchildren, and community

As a trusted source, your patient referrals to MDPP significantly increase the likelihood of them participating in the program and preventing T2D in your community.



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What You Can Do



Check patient eligibility.



Refer your patients to a local MDPP!