

# Prevent Type 2 Diabetes

## with the Medicare Diabetes Prevention Program

Nearly one in three adults aged 65 and older have diabetes, increasing their risk of developing serious complications like heart disease or kidney disease.\* The good news is that type 2 diabetes can be delayed or prevented.

The Medicare Diabetes Prevention Program (MDPP) is a year-long lifestyle change program that is proven to delay or prevent type 2 diabetes by losing weight through healthy eating and becoming more physically active.

**This program is available at no cost to eligible participants.**



**I was able to lose 10 pounds, improved my eating habits and added a lot more exercise activity to my routine. - MDPP participant**



### You may be eligible to participate if you meet the following criteria.



**Medicare Part B** coverage through original Medicare or a Medicare Advantage plan



**Body mass index (BMI)** of at least 25



Prediabetes confirmed with a blood test (**A1c 5.7-6.4% or fasting glucose value of 110-125 mg/dl**) in the last year

**You do not need to be a Network Health member to participate.**

### Reduce your risk of developing type 2 diabetes. Register today.



[networkhealth.com/diabetesprevention](https://networkhealth.com/diabetesprevention)



920-720-1602 or 866-709-0019



[NHPreventT2@networkhealth.com](mailto:NHPreventT2@networkhealth.com)



**I would encourage others who are struggling with prediabetes to sign up for this class. - MDPP participant**



**A Network Health team member will contact you to confirm your registration.**

\*<https://www.cms.gov/priorities/innovation/innovation-models/medicare-diabetes-prevention-program> and <https://www.cdc.gov/diabetes/prevention-type-2/stop-diabetes-complications.html>

This Medicare Diabetes Prevention Program is supplied by Network Health Ventures and available to eligible Medicare beneficiaries. Medicare beneficiaries do not need to be members of Network Health to participate in the Medicare Diabetes Prevention Program. **4821-03-0425**

