



HOW TO

Talk to Your Patients About the Medicare DPP

Your patients will have many questions about the Medicare Diabetes Prevention Program (Medicare DPP). The following talking points will help you answer those questions and help your patients decide if the program is right for them.

Program Overview

- The Medicare DPP is a proven lifestyle change program recognized by the Centers for Disease Control and Prevention (CDC).
- Backed by years of research, lifestyle change programs like Medicare DPP have been shown to lower the risk of diabetes by more than 70% for participants 60 years and older.*
- The program is facilitated by trained lifestyle coaches, many of whom are dietitians, fitness coaches, or diabetes educators.
- It also provides a support group of people with similar goals and challenges who will help you overcome obstacles and celebrate successes.

Benefits

- By taking part in a structured lifestyle change program and losing 5% to 7% of your body weight, you can cut your risk of type 2 diabetes by more than half.
- Participants have reported feeling better, having more self-confidence, and having more energy to do what they love.
- With the changes you make to your diet and physical activity through the Medicare DPP, you may be able to manage other conditions like high blood pressure and high cholesterol with fewer medications.

*Based on a 5-year study conducted by the Department of Health and Human Services, National Institutes of Health, and National Institute for Diabetes and Digestive and Kidney Diseases. Research found that in 3,234 participants who were overweight and had prediabetes, lifestyle changes worked particularly well for participants aged 60 and older.

Program Logistics

- When you join Medicare DPP, you'll get a year-long program led by a trained lifestyle coach.
- The program provides weekly 1-hour core sessions for up to 6 months and then monthly sessions for the rest of the year to help your new, healthy habits stick and keep you from slipping back into old habits.
- From healthy shopping techniques to stress management tips, you will learn new ways to stay healthy and sustain those changes over time.

Cost and Coverage

Cost is an important factor for patients who are Medicare eligible. Ask your administrative staff to help patients find organizations that offer the Medicare DPP.

- There are no out-of-pocket costs for eligible Medicare DPP participants.
- Our office staff will help you locate a Medicare-approved program. **OR**
- *[Provide patients the Medicare DPP sign-up handout.]* Follow these three easy steps to sign up for a program that works for you.

For More Information

- Please contact **[insert local program information including contact name, phone number and website.]**
- You can find additional program information about Medicare DPP at go.cms.gov/mdpp.

LOCAL AFFILIATE
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