

Medicare Diabetes Prevention Program (MDPP)

is now available at
Monument Health
Rapid City Clinic -
Flormann Street



Fact:

48.8% of those aged 65 years
or older have prediabetes

<https://www.cdc.gov/diabetes/data/statistics-report/index.html>

The good news:

71% of those over the age of 60, can lower the risk of developing type 2 diabetes.

<https://www.cdc.gov/diabetes/basics/prediabetes.html>

During the 1 year long MDPP, groups of participants:

- Work with a trained coach to make realistic, lasting lifestyle changes.
- Discover how to eat healthy and add more physical activity.
- Find out how to manage stress, stay motivated and solve problems that can slow progress.
- Get support from people with similar goals and challenges.

Purpose:

Promote & support a 5-7% weight loss to prevent or delay type 2 diabetes

Does the MDPP work?

- Among all participants, the average weight loss was 5.1% of starting body weight.
- Over half of participants (53%) achieved 5% weight loss and nearly 25% achieved 9% weight loss.

"Evaluation of the Medicare Diabetes Prevention Program: Second Evaluation Report" page 37 available at <https://innovation.cms.gov/innovation-models/medicare-diabetes-prevention-program>

Who qualifies? Those who meet the following criteria:

1. Have Original Medicare Part B. (*Medicare card should be red, white and blue.*) Coverage under Medicare Advantage Plans pending.
2. Have one abnormal value:
 - A1c 5.7-6.4 or
 - FPG 110-125 or
 - Two-hour OGTT 140-199
3. Have a BMI of 25 or more (23+ if Asian).
4. Do not have a previous diagnosis of type 1 or type 2 diabetes or ESRD. (*A history of gestational diabetes is ok.*)
5. Have not gone thru a Medicare Diabetes Prevention Program before.

Cost:

100% covered by Medicare Part B

How to Refer:

1. Use Ambulatory Referral to Diabetic Education.
2. Use diagnosis code such as R73.03 Prediabetes or R73.01 Impaired fasting glucose.
3. Select Medicare Diabetes Prevention Program.
4. Send referral to Diabetes Education in the Flormann Clinic.

When:

Call Diabetes Education for the next start date. 605-755-3495.

Note: Those without Original Medicare Part B with prediabetes may still be referred but will be encouraged to participate in the Monument Health's Pathway to Wellness program. This is an alternate 16-week lifestyle change program for those with prediabetes and other chronic diseases that would benefit from weight loss. You may select this program on the Diabetes Education Ambulatory Referral to Diabetic Ed. Cost is \$79.00 self-pay.

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