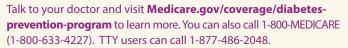
Medicare Diabetes Prevention Program

Medicare covers a health behavior change program to help you prevent or delay type 2 diabetes. The program includes 22 group sessions with a behavior coach who works with you to make lasting diet and exercise changes. You'll also get support to keep you motivated.

To be eligible, you must have:

- Medicare Part B
- Blood tests (like hemoglobin A1c and fasting plasma glucose) within certain ranges
- A body mass index (BMI) of 25 or more (BMI of 23 or more if you're Asian
- Never been diagnosed with type 1 or type 2 diabetes or End-Stage Renal Disease (ESRD)
- Never participated in the Medicare Diabetes Prevention Program







CMS Product No. 12068 October 2022

Questions? Contact Total Benefit Solutions, Inc. at (215) 355-2121 or visit our website at http://www.totalbenefits.net