VNS Health

Help Patients with Prediabetes Take the Next Step

What is Medicare Diabetes Prevention Program (MDPP)?

The **Medicare Diabetes Prevention Program (MDPP)** is a covered Medicare Part B benefit available to eligible Medicare Advantage members. MDPP helps individuals with prediabetes reduce their risk of developing Type 2 diabetes through structured lifestyle coaching focused on healthy eating, physical activity, and weight management.

The yearlong program includes 16 core sessions during the first six months, followed by monthly maintenance sessions designed to help participants sustain healthy lifestyle changes.

What Providers Need to Do

When caring for Medicare patients, review recent laboratory results and BMI to identify individuals who may be eligible for MDPP.

1. **Identify** eligible patients by reviewing BMI and qualifying laboratory results.
2. **Discuss** their risk of developing Type 2 diabetes and the potential benefits of participating in MDPP.
3. **Connect** eligible patients with a participating Medicare Diabetes Prevention Program supplier.

A clinical referral or prior authorization is not required; however, patients must meet all MDPP eligibility requirements, and services must be furnished by a Medicare-enrolled MDPP supplier.

Patient Eligibility Requirements

Patients may be eligible if they meet all of the following criteria:

- Enrolled in Medicare Part B through Original Medicare or a Medicare Advantage plan
- BMI of **25 or greater**, or **23 or greater for patients who self-identify as Asian**
- No previous diagnosis of **Type 1 or Type 2 diabetes**
- No current **end-stage renal disease (ESRD)**
- At least one qualifying blood test completed **within the previous 12 months**:

Test	Qualifying Result
Hemoglobin A1c	**5.7%– 6.4%**
Fasting Plasma Glucose	**110 – 125 mg/dL**
Two-Hour Oral Glucose Tolerance Test	**140 – 199 mg/dL**

Note: The MDPP fasting plasma glucose eligibility threshold is 110-125 mg/dL, even though broader clinical prediabetes criteria may use a threshold beginning at 100 mg/dL.

Expanded Participation Options

Through **December 31, 2029**, eligible patients may participate through:

- In-person programs
- Live virtual programs
- Asynchronous online programs offered by qualified MDPP suppliers

Additionally, the previous once-per-lifetime participation limit has been removed through **December 31, 2029**. Patients who have completed MDPP may re-enroll after their most recent 12-month participation period ends if they continue to meet eligibility requirements.

Finding an MDPP Supplier

Patients and provider offices can locate participating MDPP suppliers through the VNS Health Provider Directory.

VNS Health Medicare members may also contact their Care Team using the phone number on their member ID card for assistance with program access and participating supplier information.