

Prevent type 2 diabetes, join the Medicare Diabetes Prevention Program (MDPP)

This program is presented by Network Health lifestyle coaches and is a part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). This class is available at no cost to participants.

You'll participate in a year-long program designed to help you make small changes that make a big difference to your health. According to the CDC, adults with prediabetes who participate in a structured lifestyle program can cut their risk of developing type 2 diabetes by 58 percent.

What are the criteria to enroll?

- Have Medicare Part B coverage through Original Medicare or a Medicare Advantage Plan.
- Have a body mass index of at least 25.
- Have prediabetes confirmed with a blood test (A1c 5.7-6.4% or fasting glucose value of 110-125 mg/dl) in the last year.

Find a location and start date that works for you. Space is limited, register today.



Register online at networkhealth.com/diabetesprevention. There is no cost to you for this program.



Register online using this QR code



Call **920-720-1602** or **866-709-0019** for more information or email us at NHPreventT2@networkhealth.com.



Together, We Can Make a Difference

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. **4821-02-0924.**