

# EXCITING NEWS!

The Diabetes Prevention Program is now reimbursable up to \$150 per calendar year!

## What is the Diabetes Prevention Program?

The Diabetes Prevention Program (DPP) is a year-long **lifestyle change program** developed specifically to prevent type 2 diabetes. Recognized by the Center's for Disease Control and Prevention (CDC), it's designed for people who have prediabetes or are *at risk* for developing type 2 diabetes. Learn more <http://bit.ly/2iyi8jG>



## In the program you will learn to:

- Eat healthy without giving up all the foods you love.
- Add physical activity to your life, even if you don't think you have time.
- Deal with stress. And much more!

## Why participate?

- You may have prediabetes. In Maryland, one in 3 adults have prediabetes—and many do not know they have it.
- You can save money by preventing diabetes. On average, people with diabetes incur more than double the medical expenses compared to people without diabetes.
- The DPP works! Research has shown the DPP can help people cut their risk of developing type 2 diabetes in half.

## Reimbursement

- Reimbursement up to \$150 annually is now available for Carefirst and United Healthcare eligible members.

*"I've tried a lot of different diets and nothing has ever stuck.*

*This seems to be sticking."*

*-Tim, online participant*

*"Having a group of people with the same goals as me really motivated me to jump start healthy lifestyle*

*changes."*

*- Phyllis, 52*



## Are you at risk?

- Take the test
- <http://bit.ly/2zmFKlo>

## Find a class

- <http://bit.ly/2iyi8jG>



MARYLAND  
Department of Health

DPP classes are offered across the state in-person and online.