



HEALTHCHOICE DIABETES PREVENTION PROGRAM

Prevent or Delay Type 2 Diabetes

If you have prediabetes, a HealthChoice Diabetes Prevention Program (DPP) lifestyle change program may be for you. It can help you lose weight, become more active, and prevent or delay type 2 diabetes. Your health care provider or your health plan will help you find the right DPP provider for you.

What is prediabetes?

- Prediabetes means your blood sugar levels are higher than normal, but not high enough to be called diabetes.
- Prediabetes can lead to type 2 diabetes and other health problems if left untreated.
- The good news is that prediabetes can often be reversed with some healthy lifestyle changes.

How does the HealthChoice DPP work?

- A specially trained lifestyle coach will lead and support you and your group members through this year-long program.
- You can choose what learning style works for you: online, in-person, distance learning or combination sessions.
- Your lifestyle coach will use the Centers for Disease Control and Prevention (CDC) approved lessons and adapt the sessions to match your group's background, interests, and needs.
- Your group members are your support group. They are people with goals and struggles like your own. Your support group will share ideas, cheer each other's success, and help solve problems that can get in the way of your goals.

How much time does the program take to complete?

- The program runs for one year. During the first six months, you will meet about once a week. During the final six months, you will meet at least once a month.
- For best results, stay in the program for the full year.

Know Your Risk

1 in 3 adults in the United States have prediabetes and most don't even know it. [Take the quiz.](#)

Know your risk.

Go to bit.ly/3imBUz8 for the quiz.



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What will I learn?

During 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 do not think you have time
- Deal with stress
- Cope with challenges that can derail your hard work - like how to choose healthy food when eating out
- Get back on track if you stray from your plan

How do I know if I am eligible for the HealthChoice DPP?

To be eligible, you must meet all the following:

- Be a Maryland Medicaid HealthChoice member
- Be 18 to 64 years old
- Be overweight
- Not be pregnant
- Have never been diagnosed with type 1 or type 2 diabetes
- Have a recent blood test with results in the prediabetes range or have a history of gestational diabetes

How much does the HealthChoice DPP cost?

The HealthChoice DPP is free for eligible Medicaid HealthChoice members.

What kind of results do people have with the HealthChoice DPP?

- Many participants have lost weight, say they feel better, and are more active than they were before the program.
- The program can also lower your risk of having a heart attack or stroke, improve your health, help you feel more energetic, and even reverse your prediabetes.
- Research shows that people with prediabetes who take part in a DPP lifestyle change program can cut their risk of developing type 2 diabetes by 58 percent, and for people over 60 years old by 71 percent. The average person will lose 5 to 7 percent of their body weight by eating healthier and being active for 150 minutes a week.



Family Health History

If you have a mother, father, sister, or brother with diabetes, you are more likely to have prediabetes or get diabetes.

For more information, visit health.maryland.gov/HealthChoiceDPP