

MEDICARE DIABETES PREVENTION PROGRAM



Hello,

My name is Al Castellanos and I am a licensed insurance agent. Do you know what disease prevention is and why it's important? Well I am here to give you that information. Medicare pays for many preventive services to keep you healthy. These preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases.

Medicare Diabetes Prevention Program is one of the preventive services that is covered by Medicare.

What is it?

Medicare's Diabetes Prevention Program is a proven health behavior change program to help you prevent type 2 diabetes.

Risk Factors:

- Are overweight or obese.
- Are age 45 or older.
- Have a family history of diabetes.
- Are African American, Alaska Native, American Indian, Asian American, Hispanic/Latino, Native Hawaiian, or Pacific Islander.
- Have high blood pressure.
- Have a low level of HDL ("good") cholesterol, or a high level of triglycerides.
- Have a history of gestational diabetes or gave birth to a baby weighing 9 pounds or more.
- Are not physically active.
- Have a history of heart disease or stroke.
- Have depression.
- Have polycystic ovary syndrome.
- Have acanthosis nigricans.

Who's covered?

You must have:

- Medicare Part B
- A hemoglobin A1c test result between 5.7 and 6.4%, a fasting plasma glucose of 110-125 mg/dL, or a 2-hour plasma glucose of 140-199 mg/dL (oral glucose tolerant test) within 12 months of attending the first core session.
- 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.

How often is it covered?

The program begins with 16 core sessions offered in a group setting over a 6-month period. Once you complete the core sessions, you'll get 6 more months of less intensive monthly follow-up sessions to help you maintain healthy habits. You'll also get an additional 12 months of ongoing maintenance sessions if you meet certain weight loss and attendance goals.

Your cost if you have Original Medicare

You pay nothing for these services if eligible.

If you have any questions regarding this exam or any of the other Preventive Service exams covered by Medicare, please contact me at (281) 642-4082 or at alcastellanos@prinsuco.com.