

Choosing a Diabetes Prevention Program

All four programs below accept U-M Premier Care and are recognized by the CDC to help participants meet the national recommendations to prevent type 2 diabetes. Contact any program directly to register or attend an information session.

Visit hr.umich.edu/diabetes-prevention for more information.

Program Provider	Omada Health's Prevent Program	National Kidney Foundation of Michigan	University of Michigan Division of Metabolism, Endocrinology and Diabetes (MEND)	Ann Arbor YMCA
Program Format	Online	In person	In person	In person
Program Length	16 weekly interactive lessons followed by 8 monthly lessons	16 weekly sessions followed by 8 monthly sessions	16 weekly sessions followed by 8 monthly sessions	16 weekly sessions followed by 9 monthly sessions
Location(s)	Anywhere with an Internet connection	Multiple workshops across southeast MI, Genesee County	Domino's Farms-MEND, Wolverine Tower	Ann Arbor YMCA and other locations in Ann Arbor, Ypsilanti
Facilitator	Personal health coach	Lifestyle coach	Registered dietitian and certified diabetes educator	Lifestyle coach
Group Size	12-18	15-20	25	8-15
Additional Features	Free digital wireless scale synced to private account, online small group support, 24/7 online program access	Incentives to meet program goals, free access to NKFM fitness classes	Convenient times and U-M locations	One year free family YMCA membership with full access to the facility, childcare available
Activity Tracking	Pedometer, fitness device or mobile app	Self-reporting through a tracker or an online app	Pedometer and self-reporting	Self-reporting
Minimum Starting BMI*	24 or higher	24 or higher	24 or higher	25 or higher
Website	preventnow.com	nkfm.org/UM	uofmhealth.org/conditions-treatments/diabetes-prevention-program	annarborymca.org/ydpp
Telephone	(888) 409-8687	(734) 476-7963	(734) 998-2475 opt 2	(734) 661-8043
Email	support@preventnow.com	preventdiabetesUM@nkfm.org	MEND-diabetes@med.umich.edu	ttinkham@annarborymca.org

*BMI, or Body Mass Index, screens for overweight and obesity, using height and weight in the calculation. Calculate your BMI at cdc.gov/healthyweight/assessing/bmi/.