

# Diabetes Prevention Program Instructions

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People who have prediabetes can join a Diabetes Prevention Program to decrease the risk of type 2 diabetes.

## **What is prediabetes?**

**Prediabetes** is a term used to describe blood sugar levels that are higher than normal, but not yet in the range consistent with diabetes. Individuals with prediabetes have an increased risk of developing type 2 diabetes over time and may face other health risks such as heart disease.

## **How is prediabetes treated?**

The best treatment for prediabetes is modest weight loss through diet and physical activity changes. Even as little as 5% body weight loss can substantially decrease your risk of progressing from prediabetes to type 2 diabetes. Additionally, certain medications such as metformin can be used to treat prediabetes.

## **What is the Diabetes Prevention Program?**

The Diabetes Prevention Program (DPP) is an evidence-based lifestyle change program that helps you make changes to improve your health for the rest of your life. DPPs are available in communities across the United States. The DPP is a **year-long program** consisting of approximately 22 hour-long sessions delivered in-person or virtually.

## **Where are Diabetes Prevention Programs Offered?**

- The National Kidney Foundation of Michigan (NKFM) is a local leader in DPP delivery, and they are recognized by the Centers for Disease Control and Prevention (CDC) for their high-quality programs.

- Other organizations also offer DPPs throughout the in the state of Michigan. Those with CDC-recognition can be found here:  
<https://dprp.cdc.gov/Registry>
- There are also a variety of **online or app-based DPPs**, which you may consider exploring. Omada Health (online program) is one option:  
Website: <https://go.omadahealth.com/bcnmi>  
Email: support@omadahealth.com  
Phone Number: (888) 409-8687

### **How do I get started?**

Your provider may refer you to a Diabetes Prevention Program offered by the National Kidney Foundation of Michigan. If your provider places a referral order, someone from the National Kidney Foundation of Michigan will contact you to discuss your options for participation. These include:

- Scheduled, distance learning workshops held over Zoom (like face-to-face format)
- Virtual, unscheduled workshops through an online platform (self-guided learning with available coach and group-based support)
- In-person workshops

Alternatively, you may reach out directly to the National Kidney Foundation of Michigan's Diabetes Prevention Center:

Website: <https://readysetprevent.org/>

Email: preventdiabetesUM@nkfm.org

Phone number: (734) 476-7963

You may explore other local options as well: (<https://dprp.cdc.gov/Registry>) or explore online or app-based programs.

### **How much does it cost?**

- The DPP is covered by many health plans, including Medicare.
- If you don't have insurance coverage you may be expected to self-pay for programs.

- National Kidney Foundation of Michigan is committed to ensuring that cost is **not** a barrier to participation and will work with you to **minimize** out-of-pocket costs. The **maximum** out-of-pocket cost is \$45/month.

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