

Diabetes Prevention Program (DPP)

We are proud to present our Diabetes Prevention Program to all members, 18 – 64 years of age who have prediabetes or are at-risk for type 2 diabetes, but who DO NOT already have diabetes.

Maryland Physicians Care (MPC) is working with primary care doctors to refer our at-risk members to its Diabetes Prevention Program. Members are encouraged to make positive lifestyle changes. These changes include eating healthier, reducing stress, and increasing physical activity.

MPC now includes member benefits for **diabetes prevention services**. We follow the Maryland Department of Health (MDH) Diabetes Prevention Program (DPP) requirements and offer the Recognized National DPP provider programs to address the growing problems of prediabetes and those at-risk for type 2 diabetes.

Did you

- If you are 18 – 64 and have pre-diabetes (a high blood sugar or A1c blood test, but you do not have diabetes), contact your doctor to see if you qualify for this program.
- If you have this, you can ask your doctor to refer you to the program, or you may call MPC's Member Services Department at 1-800-953-8854
- DPP is a year-long program delivered in-person or online.
- The plan includes a minimum of 16 weekly sessions during the first six months and at least six monthly sessions during the second six months.
- This program is taught by trained lifestyle coaches (health professionals or non-licensed personnel) and includes group support (group size ranges between 10 and 25 participants).
- The program is offered through in-person and virtual DPP providers in our network.
- Members previously diagnosed with diabetes or currently pregnant do not qualify for this benefit.

Find out

- Maryland Department of Health (MDH) Diabetes Prevention Program (DPP) <https://mmcp.health.maryland.gov/Pages/HealthChoice-DPP.aspx>