



Diabetes Prevention Program (DPP)

Maryland Physicians Care (MPC) is proud to introduce member benefits for diabetes prevention services. MPC follows the Maryland Department of Health (MDH) Diabetes Prevention Program (DPP) requirements to offer Recognized National DPP provider programs to address the growing problems of prediabetes and those at-risk for type 2 diabetes.

Our **Diabetes Prevention Program** is offered statewide 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. MPC is working with primary care providers to refer our at-risk members to its Diabetes Prevention Program. Members are to be encouraged to make positive lifestyle changes such as eating healthier, reducing stress, and increasing physical activity.

Though primary care physicians are typically the patient's main resource for health promotion and disease prevention, specialists play an increasingly important role. It is not uncommon for the specialist to have long-standing patient care relationships. Quality health promotion must be a collaborative process. This patient care commitment should include both prevention services and organized wellness programs. **Welcome to the Diabetes Prevention Program.**

Key Facts

- Providers may refer members, 18 – 64 years of age, who have prediabetes or are at-risk for type 2 diabetes, but who do not already have diabetes, to the provider program.
- 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 includes in-person and virtual providers in our network.
- Members previously diagnosed with diabetes or currently pregnant do not qualify for this benefit.
- If you have any questions, please contact MPC's Provider Services Department at 1-800-953-8854.

Learn More

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