

St. Luke's Hospital Nutrition Wellness and Diabetes Center Medicare Diabetes Prevention Program



Medicare Diabetes Prevention Program (DPP) is a lifestyle change program backed by years of research and recognized by the Centers for Disease Control and Prevention. Medicare-covered programs are proven to lower the risk of type 2 diabetes by more than 70% for participants ages 60 years and older who follow the program and lose 5 - 7 percent of their body weight.



Our specialty is you.

The program begins with 16 core sessions offered in a group setting over a six-month period. In these sessions, you will receive:

- Training to make realistic, lasting changes around diet and exercise
- Tips on how to get more exercise
- Strategies for controlling your weight
- A specially trained coach to help keep you motivated
- Support from people with similar goals and challenges

Once you complete the core sessions, you will receive:

- Six monthly follow-up sessions to help you maintain healthy habits

Eligibility:

- Results from one of three blood tests conducted within the last year:
 - Hemoglobin A1c between 5.7 and 6.4%
 - Fasting plasma glucose test of 110 - 125 mg/dL
 - Oral glucose tolerance test of 140 - 199 mg/dL
- A body mass index (BMI) of 25 or more
- No history of type 1 or type 2 diabetes
- No history of end stage renal disease
- Have not received Medicare DPP services previously

Cost:

- Covered by Medicare Part B for people with prediabetes who are overweight

To learn more about class dates and times and to register, please call 314-205-6483 or email nutritionwellness@stlukes-stl.com.



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