Medicaid Update

NDPP is a program recognized by the Centers for Disease Control and Prevention (CDC). As a Medicaid member, you have access to the National Diabetes Prevention Program (NDPP). NDPP is a program designed to help people who are pre-diabetic lose weight and become more physically active to prevent developing Type 2 diabetes. It is offered at no cost to you.

Type 2 diabetes means the insulin in your body does not work as well as it should. As a result, your body is not able to use sugar properly. Type 2 diabetes can be prevented!

• Manage stress.
• Take your medicine.
• Keep routine medical appointments.
• Maintain a healthy weight.
• Eat a healthy diet.
• Test your blood sugar levels.
• Exercise at least 150 minutes (2.5 hours or three sessions) of moderate intensity aerobic physical activity a week.