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HERITAGE VALLEY
HEALTH SYSTEM

HERITAGE VALLEY DIABETES PREVENTION PROGRAM

The Heritage Valley Diabetes Prevention Program (DPP), is a year-long program focusing on healthy lifestyle modifications to prevent development of type 2 diabetes.

Class Locations:

1. In person at Esmark Building in Sewickley or Center Twp. Medical Neighborhood in Monaca.
2. We also offer Zoom classes

WHAT IS PRE-DIABETES?

Prediabetes means that your blood sugar is higher than normal. But, it's not high enough for type 2 diabetes.

- More than 1 in 3 American adults has prediabetes.
- Nine out of 10 people with prediabetes don't know they have it.

If you have prediabetes, you are more at risk to:

- Develop diabetes
- Have heart disease
- Experience a stroke

The good news is that losing weight and being active can cut your risk of type 2 diabetes in half.



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ELIGIBILITY REQUIREMENTS TO ATTEND CLASS

Medicare and Medicare Advantage Plans

Beneficiaries must have Medicare Part B coverage through Original Medicare (Fee-for-Service) or a Medicare Advantage (MA) plan.

1. Results from one of three blood tests conducted within one year before the first core session must show:
 - Hemoglobin A1c test with a value of 5.7-6.4%
 - Fasting plasma glucose test with a value of 110-125 mg/dl
 - Oral glucose tolerance test with a value of 140-199 mg/dl
2. A body mass index (BMI) of at least 25, 23 if self-identified as Asian, is required.
3. Beneficiaries must **NOT** have:
 - A history of type 1 or type 2 diabetes, with the exception of gestational diabetes
 - End-stage Renal Disease (ESRD)
 - Received MDPP services previously (Beneficiaries are only eligible for MDPP services once-per-lifetime.)

CDC DPP Program (Commercial; Medicaid)

To participate, you must meet all 4 of these requirements:

1. Be 18 years or older
2. Have a body mass index (BMI) of at least 25 (23 if self-identified as Asian)



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3. Not be previously diagnosed with type 1 or type 2 diabetes
4. Not be pregnant

You will also need to meet at least 1 of these requirements:

1. Had a blood test result in the prediabetes range within the past year (includes any of these tests and results):

- Hemoglobin A1C: 5.7% – 6.4%
- Fasting plasma glucose: 100–125 mg/dL
- 2-hour plasma glucose (after a 75g glucose load): 140 – 199 mg/dL.

2. Be previously diagnosed with gestational diabetes (diabetes during pregnancy).

3. Received a high-risk result (score of 5 or higher) on the Pre Diabetes Risk Test below. ***Please note that the results must be provided to the Lifestyle Coach.***

PDF version link: <https://www.cdc.gov/prediabetes/pdf/Prediabetes-Risk-Test-Final.pdf>

ONLINE test: <https://www.cdc.gov/prediabetes/risktest/index.html>

NEXT STEPS

If you are interested in signing up, learning more, or have questions, please call our Diabetes Prevention Program line **724-773-4708** and one of our Certified Lifestyle Coaches will be happy to assist.

You can also visit our website: <https://www.heritagevalley.org/services/diabetes-prevention-program/>