

MEDICARE DIABETES PREVENTION PROGRAM

SOCIAL MEDIA TOOLKIT

The Medicare Diabetes Prevention Program (MDPP) is a behavior change program launched to help prevent or delay type 2 diabetes. The program offers people with Medicare the opportunity to attend sessions in-person, online, and self-guided with trained coaches who work with them on making lasting diet and exercise changes.

Use the social media posts below to encourage and remind your followers to learn more about MDPP to see if it is right for them.

As always, the best way to stay up-to-date with Medicare news and announcements is to “Like” our [Facebook](#) page and follow [@MedicareGov](#) on X.

URL for use in posts:

<https://www.medicare.gov/coverage/medicare-diabetes-prevention-program>

Enrolling in the Medicare Diabetes Prevention Program can help you lower your blood sugar, lose weight, and prevent type 2 diabetes. In-person, online, and self-guided classes are available at no cost to you. <https://www.medicare.gov/coverage/medicare-diabetes-prevention-program>



Nearly 1 in 2 adults 65 or older have prediabetes. Take control of your health by joining the Medicare Diabetes Prevention Program at no cost to you. Get practical advice to make small changes to prevent type 2 diabetes.

<https://www.medicare.gov/coverage/medicare-diabetes-prevention-program>



If you have Medicare, you may now qualify for a free program to prevent or delay type 2 diabetes. The Medicare Diabetes Prevention Program includes group sessions with trained coaches to help you maintain healthy habits.

<https://www.medicare.gov/coverage/medicare-diabetes-prevention-program>



With the Medicare Diabetes Prevention Program, you can receive expert coaching sessions in person, online, or both to help you prevent type 2 diabetes. See if you qualify and learn more: <https://www.medicare.gov/coverage/medicare-diabetes-prevention-program>



If you have prediabetes, you may qualify for the Medicare Diabetes Prevention Program, designed to help you prevent or delay type 2 diabetes. Get the support you need to make lasting changes for you and your health. Learn more: <https://www.medicare.gov/coverage/medicare-diabetes-prevention-program>

