

Medicare Diabetes Prevention Program (MDPP) Journey Map



The **Medicare Diabetes Prevention Program (MDPP) Expanded Model** is a **lifestyle change program for eligible patients diagnosed with prediabetes.*** Delivered in-person or virtually, MDPP supports weight loss and healthy habits to prevent diabetes. Patients who are ages 65+ qualify based on Body Mass Index (BMI) and prediabetes risk factors.

Key 2026

MDPP Features



In 2026, MDPP will provide flexible ways to join and new tools to help patients prevent diabetes and stay healthy.

- Patients can take **all MDPP classes online** through 2029—no in-person attendance needed.
- Live classes are offered **In Person or by Distance Learning**, while **self-paced classes are Online**. Patients can combine In-Person and Distance Learning classes, but Online classes must be taken separately.
- Online classes are available anytime, so patients can join when it works best for them.

Provider Guidance



Discovery

- Provider identifies prediabetic patients
- Provider reviews patient labs during health appointment
- Provider asks if the patient is ready to make lifestyle changes
- Provider explains how the patient can participate in MDPP

Patient Experience



"I'm a social person and I enjoy group dynamics."



"I can participate from home but still have real-time live support."



"This self-paced format is exactly what I need with my busy schedule."

Enrollment

- Provider helps patient confirm that all program costs are covered by Medicare
- Provider talks with patient about which type of program option is best
- Provider helps patient find a MDPP supplier that fits their needs

Visit facility to meet staff in person

Attend a video orientation session

Register online and access platform to explore modules

Patient Participation

- Provider may monitor outcomes that are tracked by MDPP suppliers
- Provider checks in during patient visits to understand how the program is helping
- Patients can track their weight by sending a photo or by using weight records from their medical files

Face-to-face weekly group sessions in a community setting

Weekly live video conferences

Weekly, self-paced digital modules accessible 24/7 from anywhere with internet

Long-Term Success



Provider Results

- Coordinate care with other providers, lifestyle coaches, and partners to improve patients' clinical metrics
- Reduce the number of patients who develop Type 2 diabetes
- Monitor patient weight to improve patient outcomes



Patient Results

- Lose weight
- Lower risk or delay getting Type 2 diabetes
- Maintain healthier blood sugar levels
- Keep up new healthy habits
- Motivate family members to prevent diabetes



Need more information? Visit the [MDPP webpage](#).

*MDPP has no copay for individuals covered by Original Medicare, or for Medicare Advantage (MA) beneficiaries who use in-network providers. However, out-of-network use may involve cost-sharing. Beneficiaries should check directly with their plan to confirm coverage and any potential costs.