

# 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**.<sup>\*</sup> 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.

