

FOR PATIENTS

Chester County Hospital is a Medicare Provider for the
National Diabetes Prevention Program
An in person program

Have you ever been told by your physician that you:

- ARE AT RISK FOR GETTING DIABETES?
- HAVE PREDIABETES?
- HAVE BORDERLINE DIABETES?
- HAVE HIGH BLOOD SUGAR OR GLUCOSE?
- HAD GESTATIONAL DIABETES?

If so, you may be at risk for Type 2 diabetes.

Fortunately, there is something you can do about it.



Medicare is reimbursing for the National Diabetes Prevention Program (NDPP)

and Chester County Hospital is an approved Medicare provider for these services. The NDPP is a year-long program designed to help patients make sustainable lifestyle changes to prevent or delay Type 2 diabetes.

This program will offer eligible patients 24 classes over the course of one year with the goal to prevent or delay type 2 diabetes with important lifestyle changes.

You may be eligible if you are:

- Enrolled in Medicare Part B
- Have a BMI of > 25 kg/m² (> 23 if Asian)
- Diagnosed with prediabetes based on one or more of the following blood tests:
 - Fasting blood glucose (range 110-125 mg/dL)
 - HbA1c (range 5.7-6.4)
 - 2 hour post-meal glucose (range 140-199 mg/dl)
- No previous diagnosis of type 1 or type 2 diabetes
- Do not have end-stage renal disease (ESRD)

Know Your Numbers?

Age _____
BMI _____
Fasting Blood Glucose _____
2-Hour Post Meal _____
Hemoglobin A1c _____

*“Just do it!
You will feel and look much better!
Your numbers will improve.”*

PROGRAM PARTICIPANT

This service will be billed to Medicare with no out-of-pocket cost to you.

FOR QUESTIONS OR ADDITIONAL INFORMATION

please call 610.738.2835 or
email Kimberly.Beazley@penmedicine.upenn.edu