

**FOR PATIENTS**

Chester County Hospital is a Medicare Provider for the  
**National Diabetes Prevention Program**  
*A Virtual 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/m<sup>2</sup> (> 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 \_\_\_\_\_  
HemoglobinA1c \_\_\_\_\_

*“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  
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