

Medicare Preventive Benefits 2020 Focus



Diabetes Prevention Program

To help prevent type 2 diabetes:

- Medicare covers a once-per-lifetime health behavior change program
- 16 sessions are provided in a group setting over a 6-month period
- Training emphasizes lasting behavior changes related to diet and exercise
- Specially trained coaches provide personalized encouragement
- Follow-up sessions help individuals maintain healthy habits

Medicare covers many other preventive services and screenings.
Benefits Counselors can explain the details.

Call 1-800-272-3921, Mon.-Fri., 8 a.m.-5 p.m.



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Phone: **1-800-272-3921**, website: **www.nctcog.org/aging-services and nctadrc.org**