



## Do you know if you are at risk for Diabetes or Prediabetes?

Diabetes is a serious health condition when your body has high blood sugar levels. Diabetes can lead to serious health problems like heart disease, stroke, and kidney problems.

Prediabetes is also a condition when people have high blood sugar levels. The blood sugar levels are not high enough to be Diabetes yet. People with prediabetes also have an increased risk of heart disease, stroke, and kidney problems.

### Who is at risk for Diabetes?

According to the Centers for Disease Control and Prevention (CDC), You are at risk for prediabetes and diabetes if you are:

- Overweight or obese
- Family history of Type 2 diabetes
- Had diabetes during pregnancy
- Gave birth to a baby over 9 pounds

**How Can You Decrease Your Risk of Developing Diabetes?** The CDC suggests:

- By losing a small amount of weight.
- Getting regular physical activity, such as 30 minutes of brisk walking 5 times a week.

## Molina Medicaid Covers the Diabetes Prevention Program (DPP)

### What is the Diabetes Prevention Program (DPP)?

- A coach-led lifestyle change program to prevent diabetes.
- Coaching includes how to eat healthy and become more active.
- DPP also helps manage stress and stay motivated.
- People who go through the DPP have a lower chance of developing diabetes.

Talk to your Primary Care Physician (PCP) to see if the DPP is right for you. It is a free benefit for Molina Medicaid members.

People who have Diabetes are not able to join the DPP.

For more information on the DPP, visit: [cdc.gov/diabetes-prevention/index.html](https://cdc.gov/diabetes-prevention/index.html)



### Still have questions?

Contact your Primary Care Physician (PCP) or call Member Services toll-free (888) 898-7969 / TTY: 711 during our regular business hours: 8 a.m. – 5 p.m., Monday – Friday.

If any materials are needed in another language, oral interpretation, or auxiliary aids and services, please contact Member Services at (888) 898-7969 (TTY: 711), Monday through Friday, 8 a.m. to 5 p.m. ET.

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ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-888-898-7969 (TTY: 711).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-898-7969 (TTY: 711).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-888-898-7969 (رقم هاتف الصم والبكم: 711).