NEW BENEFIT!

New benefit for Maryland state employees: The Diabetes Prevention Program is now reimbursable.

What is the Diabetes Prevention Program?
The Diabetes Prevention Program (DPP) is a year-long lifestyle change program developed specifically to prevent type 2 diabetes. Recognized by the Center's for Disease Control and Prevention (CDC), it’s designed for people who have prediabetes or are at risk for developing type 2 diabetes. Learn more http://bit.ly/2iyi8jG

In the program you will learn to:
- Eat healthy without giving up all the foods you love.
- Add physical activity to your life, even if you don’t think you have time.
- Deal with stress. And much more!

Why participate?
- You may have prediabetes. In Maryland, one in 3 adults have prediabetes—and many do not know they have it.
- You can save money by preventing diabetes. On average, people with diabetes incur more than double the medical expenses compared to people without diabetes.
- The DPP works! Research has shown the DPP can help people cut their risk of developing type 2 diabetes in half.

Reimbursement
- Reimbursement up to $150 annually is now available for Carefirst and United Healthcare members.

Are you at risk?
- Take the test

Find a class

"I’ve tried a lot of different diets and nothing has ever stuck. This seems to be sticking.”
- Tim, online participant

"Having a group of people with the same goals as me really motivated me to jump start healthy lifestyle changes.”
- Phyllis, 52

DPP classes are offered across the state in-person and online.

MARYLAND
Department of Health