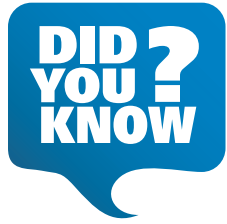




**BlueCross
BlueShield
of Arizona**

Advantage

An Independent Licensee of the Blue Cross and Blue Shield Association



25% of Americans age **65 or older** currently have type 2 diabetes?
A weight loss of **5%** can reduce your risk of diabetes by **58%**¹?



Are You at Risk for Developing Pre-Diabetes? Do you want to learn more?

The Medicare Diabetes Prevention Program (MDPP) will now begin on **April 1, 2018**

The **MDPP** is a structured health behavior change intervention with the goal to prevent the onset of type 2 diabetes among those diagnosed with pre-diabetes. This program provides:

- » Practical training in long-term dietary change
- » Increased physical activity
- » Problem-solving strategies for overcoming challenges to sustaining weight loss and a healthy lifestyle

Services related to this program are covered for eligible Medicare beneficiaries under all Medicare health plans, including Blue Cross® Blue Shield® of Arizona Advantage (HMO) (BCBSAZ Advantage).

Interested? To participate, the following requirements must be met for eligibility:

- » No previous diagnosis of diabetes
- » Body Mass Index (BMI) of 25 or greater
- » A1C of 5.7% to 6.4% (39 to 46 mmol/mol)
- » No life-threatening conditions, mobility issues, etc. that would prohibit you from participating in the program

Consult with your primary care provider (PCP) to learn more about the risks of developing diabetes, the program and participating health care facilities, and next steps to test for pre-diabetes. More information may also be found in Chapter 4 of the Evidence of Coverage (EOC) or at CMS.gov.

¹*Diabetes Care* 2011 Jul; 34(7): 1481-1486. <https://doi.org/10.2337/dc10-2415>

Blue Cross® Blue Shield® of Arizona Advantage (HMO) is a HMO plan with a Medicare contract. Enrollment in Blue Cross Blue Shield of Arizona Advantage depends on contract renewal. Member Services can be contacted toll-free at 1-800-446-8331. TTY/TDD users should call 711. We are available from 8:00 a.m. to 8:00 p.m., Monday through Friday from February 15 to September 30; and 7 days a week from October 1 to February 14. If you have special needs, this document may be available in other formats.

Blue Cross Blue Shield of Arizona Advantage complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-446-8331 (TTY: 711).

Díí baa akó nínizin: Díí saad bee yánilti' go Diné Bizaad, saad bee áká' ánída' áwo' deęę, t'áá jiiik'eh, éí ná hóló, kojí hódílnih 1-800-446-8331 (TTY: 711).