FACT SHEET

NEW YORK STATE | Department of Health | Office of Health Insurance Programs

What You Should Know About:

Diabetes, Prevention, and You

Be Your Own Health Advocate!

These programs can help you manage your prediabetes or Type 2 diabetes.

Learn More About the National Diabetes Prevention Program (NDPP):

- NDPP is free.
- Ask your health care provider about it today!

Learn More About Diabetes Self-Management Education Services (DSME):

- Offered throughout New York State.
- Find DSME near you on the American Diabetes Association (ADA) website: https://professional.diabetes.org/erp_list_zip
- Ask your health care provider about DSME today!

Monitor your blood sugar.

Maintain a healthy weight.

Eat a healthy diet.

Exercise daily.

Keep routine health care visits.

Take your medicine.

Manage stress.

DSME Can Help!

Whether you just found out you have Type 2 Diabetes or have had it for a long time, Medicaid pays for DSME services to help you live your life to the fullest.

Prediabetes

Did you know…?

- Prediabetes means your blood sugar levels are too high.
- Prediabetes increases your risk of getting Type 2 diabetes.
- One in three adults has prediabetes and 80 percent of them don't know it.
- Prediabetes can be reversed!
- Type 2 diabetes can be prevented!

What can you do?

- Making healthy changes can help prevent Type 2 Diabetes.
- As a Medicaid member, you have access to the National Diabetes Prevention Program (NDPP).
- NDPP is a program recognized by the Centers for Disease Control and Prevention (CDC) that helps people improve their diet and increase exercise to prevent Type 2 diabetes.
- More information can be found at the CDC website: https://www.cdc.gov/diabetes/prevention/index.html

Type 2 Diabetes

Did you know…?

- Type 2 diabetes means the insulin in your body does not work the way it should to keep your blood sugar levels normal.
  - In New York State, around 1.6 million people, or 10.5 percent of adults, have diabetes.
  - Diabetes increases the risk for long-term health problems like heart disease, kidney disease, and amputations.

What can you do?

- With Medicaid member, you can get Diabetes Self-Management Education (DSME) services to help you manage your diabetes.
- You can get DSME services from licensed and trained professionals, in person or by telehealth, one-on-one or in a group.