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!

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.

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.

- Monitor your blood sugar.
- Maintain a healthy weight.
- Eat a healthy diet.
- Exercise daily.
- Keep routine health care visits.
- Take your medicine.
- Manage stress.