

National Diabetes Prevention Program



The National Diabetes Prevention Program is a year-long intervention based on the CDC-approved PreventT2 curriculum. Participants meet in small groups with trained lifestyle coaches who empower them to develop skills to help them lose weight, be more active and manage stress to achieve their goals.



Program Highlights:

- Free for Medicare beneficiaries
- Discounted self-pay options available
- Promotes healthy lifestyle
- Provides social support
- Evidence-based

PROVEN TO
REDUCE THE
INCIDENCE OF
DIABETES BY
58%



“ Since getting married, I had gained 45 pounds. Three years ago I was determined to lose weight and be more active. I had edged toward my goals, but on my own, and I had gotten stuck. I couldn't get more weight off. With support from the acac coaches and my group, I came to recognize and master small habits one-by-one, week-by-week. By changing my lifestyle, I am now where I want to be and my blood sugar is back in the normal range. ”

Garnett M, DPP participant



Learn more about
the DPP program



I recommend this patient for the National Diabetes Prevention Program based on the following criteria:

Patient must meet all 4 requirements

- ☐ At least 18 years old
- ☐ BMI > 24 (22 if Asian)
- ☐ Has no previous diagnoses of type 1 or type 2 diabetes
- ☐ Does not suffer from ESRD

AND

Patient must meet only 1 requirement

- ☐ Previous diagnosis of gestational diabetes
- ☐ Hemoglobin A1C: 5.7% - 6.4%
- ☐ Fasting plasma glucose: 100 - 125 mg/dL
- ☐ 2-hour plasma glucose (after a 75g glucose): 140 - 199 mg/dL

Patient is cleared for unsupervised exercise. If there are any precautions / special conditions, please list them here.

Fax completed form to patient's preferred acac Fitness & Wellness Center location below.

PATIENT INFORMATION

Patient name -----

Patient phone -----

Patient email -----

Date of birth -----

PROVIDER INFORMATION

Provider name -----

Provider signature **X** -----

Date -----

Provider phone -----

Provider fax -----

You will receive progress reports on your patients.

PROVIDER STAMP:

ACAC LOCATIONS

WEST CHESTER, PA

phone 610.431.7000

fax 610.884.7909

MAIN LINE, PA

phone 610.964.8800

fax 610.884.7909

FIVE FORKS, SC

phone 864.675.5808

fax 864.813.4711

MIDLOTHIAN, VA

phone 804.378.1600

fax 804.597.2167

SHORT PUMP, VA

phone 804.464.0990

fax 804.597.2316

ALBEMARLE SQUARE, VA

phone 434.978.3800

fax 434.321.1851

DOWNTOWN, VA

phone 434.984.3800

fax 434.321.1634

PANTOPS, VA

phone 434.529.8136

fax 434.288.0326

CROZET, VA

phone 434.817.2055

fax 434.288.5730