



National Diabetes Prevention Program

Due to Covid-19, many health and wellness services have shifted to a virtual format. The National Diabetes Prevention Program (National DPP) is traditionally offered in-person but is now being offered virtually through some health systems. The National Diabetes Prevention Program (National DPP) is a partnership of public and private organizations working to prevent or delay type 2 diabetes. The partners work to make it easier for people with prediabetes or at risk for type 2 diabetes to participate in evidence-based, affordable, and high-quality lifestyle change programs to reduce their risk of type 2 diabetes and improve their overall health. This new opportunity allows participants from all over the State of Maine to participate in a stay-at-home format. As a reminder, members of the State of Maine health plan, can participate at **no cost**.

For more information on the National DPP, click here:

<https://youtu.be/Po15WolhHRg>

Don't know if you are at risk for Diabetes? Take this one minute test:

<https://www.cdc.gov/diabetes/risktest/index.html>

Click here to register for MaineHealth's virtual National DPP classes:

<https://mhprevention.coursetorm.com/category/live-online-ndpp>