

ELIGIBILITY REQUIREMENTS (MEDICAID):

- Participants must be 18 years of age or older, and
- Participants must be overweight (Body mass index >25; >23 if Asian), and
- Have no previous diagnosis of type 1 or type 2 diabetes, and
- Have a blood test result or claim code in the prediabetes range within the past year:
 - Fasting glucose of 100 - 125 mg/dl, or
 - Hemoglobin A1c: 5.7% - 6.4%, or
 - Two-hour plasma glucose (after a 75 gm glucose load: 140-199 mg/dl), or
- History of gestational diabetes, or
- Score 9 points or higher on the CDC Prediabetes Screening Test.
 - The screening test includes seven weighted questions. Points are added for each “Yes” answer to get a prediabetes risk score. The questions include: woman who delivered a baby weighing more than 9 pounds, sibling or parent with diabetes, at-risk weight, little or no exercise per day, and age.