

The Medi-Cal Diabetes Prevention Program  
Beneficiary Eligibility

Do you qualify to participate in the Diabetes Prevention Program? You may if you:

- Are at least 18 years of age
- Have full-scope Medi-Cal coverage
- Have a body mass index (BMI) of at least 25, if you do not identify as Asian, or a BMI of at least 23 if you identify as Asian, as of the date of your provider recommends you to the program
- Within the 12-month period prior to your provider's recommendation, you have had **one** of the following:
  - A hemoglobin A1c test with a value between 5.7 and 6.7%.
  - A fasting plasma glucose of 110-125 mg/dL.
  - A two-hour plasma glucose of 140-199 mg/dL.
- Do not have a previous diagnosis of type 1 or type 2 diabetes, excluding gestational diabetes
- Do not have end-stage renal disease

If you meet these requirements and are ready to commit to an intensive lifestyle change program, please contact your primary care provider for help finding a DPP in your area.