More of your patients are now eligible for free diabetes screening and prevention programs.

The US Preventive Services Task Force (USPSTF) has updated its screening recommendation, and now, for the first time, recommends screening for prediabetes and referral to diabetes prevention programs, in addition to screening for undiagnosed diabetes.

Patients with these characteristics are now eligible for a screening with no cost-sharing:

- **Age 40 to 70 years old, and are overweight or obese.**
- **Have 1 or more of these characteristics (regardless of age or weight):**
  - Family history of diabetes
  - A history of gestational diabetes or polycystic ovarian syndrome
  - African American, Hispanic/Latino, American Indian, or Asian American or Pacific Islander

Through screening, we can identify...

Knowing is better, so that your patients can...

- **Prediabetes**
  - Be referred to free diabetes prevention programs

- **Diabetes**
  - Begin diabetes treatment

Through this new USPSTF guideline, **millions more adults** are now eligible for prediabetes and diabetes screening.

### People Eligible for Screening Through USPSTF

<table>
<thead>
<tr>
<th>Year</th>
<th>Eligible Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>61 million</td>
</tr>
<tr>
<td>2015</td>
<td>170 million</td>
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</tbody>
</table>

**Beginning in 2017**

Private health plans are required to cover screening for prediabetes and diabetes at no cost to patients. In addition, insurers will be required to cover diabetes prevention programs at no cost to patients because the guideline states that clinicians should offer or refer patients with prediabetes to intensive behavioral counseling interventions to promote a healthful diet and physical activity.

**Beginning in 2018**

Medicare will begin covering diabetes prevention programs for eligible beneficiaries at risk for type 2 diabetes starting January 1, 2018.

**Key Takeaway**

When combined and fully implemented, the new USPSTF guideline and Medicare DPP coverage will result in most Americans having insurance coverage for diabetes screening and prevention programs at no cost.
Millions of Americans have diabetes and prediabetes and don’t even know it.

Nearly 86 million Americans have prediabetes.

Over 75 million of them do not know it.

Nearly 30 million Americans have diabetes.

8 million of them are undiagnosed.

How You and the New Guideline Can Help Fight Diabetes

**Screen at-risk**
asymptomatic patients for prediabetes and undiagnosed diabetes.

**Create awareness**
in your practice about the new USPSTF guideline, diabetes risk factors, and insurance coverage with no co-pay for the screening test and diabetes prevention programs.

**Refer patients with prediabetes**
to diabetes prevention programs in their communities. If you do not have diabetes prevention programs available through your practice, visit www.cdc.gov/diabetes/prevention for more information.

**For patients newly diagnosed**
with diabetes, begin appropriate treatment and care, including diabetes self-management education, which can increase compliance, help reduce complications, and lower costs.

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**Sources:**

