

Michigan CDC-Recognized Diabetes Prevention Programs

Updated: February 7, 2025

A Healthy You

34440 Wallis St. Clinton Twp MI Clinton Twp

Phone: (586) 307-2190

In-person delivery

Accepts Medicaid: No

Accepts Medicare: No

Non-English Languages Offered: No

ACCESS Community Health & Research Center

6450 Maple St. Dearborn MI 48126

Phone: 313-654-3212 or 313-216-2200

Email: KTorres@accesscommunity.org

Website: <https://www.accesscommunity.org/diabetes-prevention-program>

In-person delivery, and distance learning

Accepts Medicaid: Yes

Accepts Medicare: No

Non-English Languages Offered: Yes (Arabic)

Additional Information: In-person classes at ACCESS office (6450 Maple St, Dearborn, MI) and ACCESS Hope House (6470 Williamson St, Dearborn, MI). Contact staff for payment options.

Amber's 3 in 1 Nutrition Consulting LLC

735 W Huron St. Pontiac, MI 48343

Phone: 248-390-0922

Website: <https://ambers3in1nutrition.com/>

In-person delivery w/ a distance learning component

Accepts Medicaid: No

Accepts Medicare: No

Non-English Languages Offered: No

Ascension Michigan Community Health

2251 Squirrel Rd Suite 330 Auburn Hills, MI 48326

Phone: 248-844-4530

Email: diabeteseducation@ascension.org

Website: <https://ascension-mi.regfox.com/diabetes-prevention-program-2023>

In-person delivery, and distance learning

Accepts Medicaid: Yes

Accepts Medicare: Yes

Non-English Languages Offered: No

Additional Information: Classes are free of charge.

Community Health and Social Services

5635 W. Fort St. Detroit, MI 48209

Phone: 313-849-3920 Ext 5082

In-person delivery

Accepts Medicaid: No

Accepts Medicare: No

Non-English Languages Offered: No

Corewell Health East

26901 Beaumont Blvd Southfield MI 48033

Phone: 313-738-1678

Email: CHEcommhlthprograms@corewellhealth.org

Website: <https://www.beaumont.org/services/diabetes/prevention-program>

In-person delivery, and distance learning

Accepts Medicaid: No

Accepts Medicare: No

Non-English Languages Offered: Yes

Additional Information: Free of charge, in-person and distance learning classes, Chinese language offered.

Corewell Health Grand Rapids Hospitals

4100 Lake Dr. Suite 200 Grand Rapids, MI 49546

Phone: 616-267-8950

In-person delivery

Accepts Medicaid: No

Accepts Medicare: No

Non-English Languages Offered: No

Corewell Health Lakeland Hospitals

3900 Hollywood Rd Saint Joseph, MI 49085

Phone: 269-556-7171

In-person delivery, and distance learning

Accepts Medicaid: No

Accepts Medicare: No

Non-English Languages Offered: No

Covenant HealthCare

5400 Mackinaw, Suite 1400 Saginaw, MI 48604

Phone: 989-583-5190

Email: rebecca.srebinski@chs-mi.com

Website: <https://www.covenanthealthcare.com/ch/diabetesselfmanagementprogram>

In-person delivery

Accepts Medicaid: No

Accepts Medicare: No

Non-English Languages Offered: No

Additional Information: All sessions offered for free.

Detroit Area Agency on Aging

1333 Brewery Park Blvd, Suite 200 Detroit, MI 48207

Phone: 313-446-4444 x5841

Email: williamsamb@daaa1a.org

Website: <https://www.detroit seniorsolution.org/health-wellness/education/>

In- person delivery

Accepts Medicaid: No

Accepts Medicare: No

Non-English Languages Offered: No

Diabetes Prevention Education

2885 Sanford Ave SW, Grandville, MI 49418

Phone: 240-776-2352

Email: admin@pathomap.co

In-person delivery

Accepts Medicaid: No

Accepts Medicare: No

Non-English Languages Offered: No

District Health Department #10

521 Cobb St Cadillac, MI 49601

Phone: 231-465-1934

Email: preventdiabetes@dhd10.org

Website: <https://www.dhd10.org/men-women/healthy-lifestyle/>

In-person delivery

Accepts Medicaid: No

Accepts Medicare: Yes

Non-English Languages Offered: No

Additional Information: Offered in communities throughout all 10 DHD#10 counties: Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford.

Contact us at preventdiabetes@dhd10.org to find out more or to pre-enroll for the next cohort

in your community. Accept Medicare and Priority Health insurance plans and offer a sliding-fee scale for those with other insurance types or no insurance. To self-enroll visit:
<https://forms.office.com/r/HPvXSn63pp?origin=lprLink>

Electronic Services Technologies, LLC

10140W W McNichols Rd Detroit, MI 48221

Phone: 313-341-1821

Website: https://electronicservicestech.com/risk_test/prediabetes.aspx

In-person delivery w/ a distance learning component

Accepts Medicaid: Yes

Accepts Medicare: No

Non-English Languages Offered: No

Health and Safety for All

19711 Warrington Dr Detroit, MI 48221

Phone: 877-553-0811 Ext 101

Combination delivery w/ an online component

Accepts Medicaid: No

Accepts Medicare: No

Non-English Languages Offered: No

Henry Ford Health System

15855 19 Mile Rd Clinton Township, MI 48038

Phone: 313-876-8300

Email: hfhsdpp@hfhs.org

Website: <https://www.henryford.com/services/diabetes/treatments/prediabetes>

In-person delivery, and distance learning

Accepts Medicaid: Yes

Accepts Medicare: Yes

Non-English Languages Offered: Yes

Additional Information: Contact organization directly for information on non-English languages provided.

Holland Hospital

602 Michigan Avenue Holland, MI 49423

Phone: 616-394-3344

Website: www.hollandhospital.org/classes

In-person delivery

Accepts Medicaid: No

Accepts Medicare: Yes

Non-English Languages Offered: No

Medical Network One MIHE

4986 Adams Rd Ste D Rochester, MI 48306

Phone: 248-475-4701

Website: <http://mednetone.net>

In-person delivery

Accepts Medicaid: No

Accepts Medicare: Yes

Non-English Languages Offered: No

Muskegon YMCA

1115 Third St Muskegon, MI 49441

Phone: 855-278-6836

Email: ydpp@muskegonymca.org

Website: <https://muskegonymca.org/diabetes-prevention/>

In-person delivery w/ a distance learning component and full distance learning

Accepts Medicaid: Yes

Accepts Medicare: Yes

Non-English Languages Offered: No

Additional Information: Work with YMCAs across the state for both in-person and distance learning groups. Funded through a mix of sponsorships, grants, employers, and insurance reimbursement. YMCA gym memberships available for participation.

National Kidney Foundation of Michigan

1169 Oak Valley Dr. Ann Arbor, MI 48108

Phone: 734-222-9800

Email: preventdiabetes@nkfm.org

Website: <http://readyssetprevent.org>

In-person delivery, and distance learning

Accepts Medicaid: Yes

Accepts Medicare: Yes

Non-English Languages Offered: Yes (Spanish)

Additional Information: Program cost covered by insurance reimbursement; Program cost covered by Medicare; Scholarships as well as partial-pay and full-pay options available; Program offered remotely through distance learning and in person; Program offered in Spanish and English

National Kidney Foundation of Michigan

1345 Monroe Avenue, NW, Suite 140 Grand Rapids, MI 49505

Phone: 616-458-9520

Email: preventdiabetes@nkfm.org

Website: <http://readyssetprevent.org>

In-person delivery, and distance learning

Accepts Medicaid: Yes

Accepts Medicare: Yes

Non-English Languages Offered: Yes (Spanish)

National Kidney Foundation of Michigan

7800 W. Outer Drive, Suite LL02 Detroit MI 48235

Phone: 313-259-1574

Email: preventdiabetes@nkfm.org

Website: <http://readyssetprevent.org>

In-person delivery, and distance learning

Accepts Medicaid: Yes

Accepts Medicare: Yes

Non-English Languages Offered: Yes (Spanish)

Penny Love Fitness

18100 Meyers Rd, Detroit, MI 48235

Phone: 313-723-9622

Email: info@pennylovefitness.com

Website: <https://www.pennylovefitness.com/>

In-person delivery w/ a distance learning component

Accepts Medicaid: No

Accepts Medicare: No

Non-English Languages Offered: No

Spectrum Health United Lifestyles

701 S. Greenville W. Dr., Suite 1 Greenville, MI 48838

Phone: 616-754-6185

In-person delivery

Accepts Medicaid: No

Accepts Medicare: No

Non-English Languages Offered: No

Three Rivers Health - Nutrition Department

701 S Health Pkwy. Three Rivers, MI 49093

Phone: 269-278-1145 ext 311

Website: <https://locations.beaconhealthsystem.org/mi/three-rivers/three-rivers-health-hospital>

In-person delivery

Accepts Medicaid: No

Accepts Medicare: No

Non-English Languages Offered: No

Trinity Health St. Mary Mercy Livonia

36475 Five Mile Rd Livonia, MI 48154

Phone: 734-655-8952

Website: <https://www.trinityhealthmichigan.org/find-a-service-or-specialty/diabetes-and-endocrine/diabetes/prevention>

In-person delivery w/ a distance learning component and full distance learning

Accepts Medicaid: Yes

Accepts Medicare: Yes

Non-English Languages Offered: No

University of Michigan Health-West (previously Metro Health)

2215 44th St SW Wyoming, MI 49519

Phone: 616-252-8339

Email: Jessica.bergers@umhwest.org

Website: <https://uofmhealthwest.org/services/diabetes-care/programs-support/>

In-person delivery

Accepts Medicaid: No

Accepts Medicare: No

Non-English Languages Offered: Yes (Nepali)

Additional Information: Please call or email 616-252-8339 to get on our contact list for future class dates/times.

Urban Health Resource/Urban Health Outreach

3031 W Grand Blvd, Suite 531 Detroit, MI 48202

Phone: 313-664-0100

Email: info@uhr-uho.org

Website: <http://uhr-uho.org>

In-person delivery

Accepts Medicaid: No

Accepts Medicare: Yes

Non-English Languages Offered: No

Additional Information: Program offered at several community locations throughout Detroit area in several formats. Specialize in classes for Black men and women and Hispanic/Latino men and women. Scholarships and other coverage options may be available.

Uzima Lifestyle Center

4601 Winding Way Kalamazoo MI 49006

Phone: (269) 775-1133

Email: uzimalifestylecenter@yahoo.com

Website: <https://www.uzimalifestylecenter.org/>

In-person delivery w/ a distance learning component

Accepts Medicaid: No

Accepts Medicare: No

Non-English Languages Offered: No