



mln call

A MEDICARE LEARNING NETWORK® (MLN) EVENT

# Medicare Diabetes Prevention Program: New Covered Service

Wednesday, September 26, 2018

**Presenter**

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# Acronyms in this Presentation

- BMI: Body Mass Index
- CDC: Centers for Disease Control and Prevention
- DPP: Diabetes Prevention Program
- ESRD: End-Stage Renal Disease
- MDPP: Medicare Diabetes Prevention Program



# Agenda

- MDPP Program Overview
- Who is Eligible for MDPP Services
- Refer Your Patients
- Resources
- Question and Answer Session



# MDPP Program Overview

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# Issue

# 25%

Americans 65 and older with type 2 diabetes

Care for these individuals costs Medicare about **\$104<sup>B</sup>** each year, and is growing



# Solution: The Medicare Diabetes Prevention Program (MDPP)

Medicare pays organizations (MDPP suppliers) to furnish a group-based intervention to at-risk Medicare beneficiaries, using a Centers for Disease Control and Prevention (CDC)-approved National Diabetes Prevention Program (DPP) curriculum

MDPP suppliers' primary goal is to help Medicare beneficiaries achieve at least 5% weight loss

See the [MDPP Expanded Model Overview Fact Sheet](#) for more information



Up to 2 years of sessions delivered to groups of eligible beneficiaries

As a Medicare preventive service, there are no out-of-pocket costs



DIET



PHYSICAL  
ACTIVITY



WEIGHT  
LOSS

Coaches furnish MDPP services on behalf of MDPP suppliers



# 2019 Medicare and You Handbook

Mailing September 2018



**New!**

## Medicare Diabetes Prevention Program

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as having type 2 diabetes. Fortunately, type 2 diabetes can sometimes be delayed or prevented with health behavior changes. If you have prediabetes, losing even a small amount of weight if you're overweight and getting regular exercise can lower your risk for developing type 2 diabetes.

If you have Medicare Part B, have prediabetes, and meet other criteria, Medicare covers a proven health behavior change program to help you prevent diabetes. The program begins with at least 16 core sessions offered in a group setting over a 6-month period. After the core sessions, you may be eligible for additional monthly sessions will help you maintain healthy habits.

The diabetes prevention program sessions will include:

- Training to make realistic, lasting lifestyle changes
- Tips on how to get more exercise
- Strategies for controlling your weight
- A lifestyle coach, specially trained to help keep you motivated
- Support from people with similar goals and challenges

If you think you're at risk, ask your doctor to be tested for prediabetes to find out if you have the condition. If you qualify for the program, you can join a program at no out-of-pocket cost without a referral from your doctor. If you're in a [Medicare Advantage Plan](#), contact your plan for more information.





# A Glance at What is Covered

The first year of MDPP core services includes six months of weekly core sessions followed by six months of monthly maintenance sessions; the second year is contingent upon beneficiary performance and consists of monthly maintenance sessions

## MDPP Core Services

Months 1-6 (Core Sessions) *and* Months 7-12 (Core Maintenance)

- All MDPP beneficiaries are eligible for 12 months of core services
- 5% weight loss is primary goal of core services

## Ongoing Maintenance Sessions\*

Months 13-24

- Beneficiaries must meet weight loss and attendance goals to be eligible

- Follows a CDC-approved curriculum
- No beneficiary copay
- No referral required
- Beneficiaries are eligible for MDPP once-per-lifetime
- See the [Sessions Journey Map](#) for more information

\* The ongoing maintenance sessions are unique to the MDPP services and not required for CDC recognition





# Who provides MDPP services?

Organizations who wish to furnish MDPP services to beneficiaries and bill Medicare must:

- **Have CDC Recognition:** Potential MDPP suppliers must have [CDC Preliminary or Full Recognition](#) in order to enroll; organizations with pending recognition are not eligible
- **Enroll in Medicare as an MDPP supplier:** Organizations already enrolled in Medicare must re-enroll separately in Medicare to become MDPP suppliers
- **Maintaining Enrollment:** MDPP suppliers must remain in compliance with recognition requirements, Medicare provider requirements, and MDPP supplier standards; see the [Supplier Requirements Checklist](#)
- See [materials](#) from June 6 Medicare Learning Network call and [Enrollment Fact Sheet](#) for more information



# Payment and Claims for MDPP Services

- MDPP suppliers are paid performance-based payments through the CMS claims system
- Medicare payments to MDPP suppliers will range, and can be up to \$670 per beneficiary over 2 years, depending on the beneficiaries' attendance and weight loss
- In order to submit claims for MDPP services, organizations must:
  - Meet all MDPP supplier requirements and standards, including preliminary or full CDC recognition
  - Have a separate Medicare enrollment as an MDPP supplier
- See the [Billing and Payment Quick Reference Guide](#) and [Billing and Claims Fact Sheet](#) for the payment structure, HCPCS G-codes, and billing information
- **Important Note:** Valid claims for MDPP services can only be submitted by Medicare-enrolled MDPP suppliers



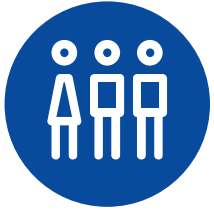
# Who is Eligible for MDPP Services

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# Beneficiary Eligibility Criteria

Specific criteria determine Medicare beneficiary eligibility throughout the MDPP services period



## Beneficiary Eligibility Requirements to Start Services:

Medicare beneficiaries are eligible for MDPP services if they meet the following criteria:

- Enrolled in Original Medicare (Part B) or Medicare Advantage (Part C)
- Body Mass Index (BMI) of at least 25 (23 if self-identified as Asian) on the date of the first core session
- Meet 1 of 3 blood test requirements within the 12 months prior to attending the first core session:
  1. A hemoglobin A1c test with a value between 5.7% and 6.4%, or
  2. A fasting plasma glucose of 110-125 mg/dL, or
  3. A 2-hour plasma glucose of 140-199 mg/dL (oral glucose tolerance test)
- No previous diagnosis of diabetes prior to the date of the first core session (with exception of gestational diabetes)
- Do not have End-Stage Renal Disease (ESRD)
- Have not previously received MDPP services
- See the [Beneficiary Eligibility Fact Sheet](#) for more information



# Important Details on Eligibility Criteria



## Blood Tests

- Beneficiaries are only required to provide results from one of the 3 blood tests by the first core session
- The test must be completed in the 12 months before the first core session
- Beneficiaries may work with their health care provider to obtain the blood tests
- CMS does not designate specific types or forms of documentation that should be used as evidence of blood test results



## BMI

- Beneficiaries' weight and height must be measured in-person at the first core session and should be used to calculate BMI

See the [Beneficiary Eligibility Fact Sheet](#) for more information



# Important Details on Eligibility Criteria



## History of Diabetes

- Beneficiaries may self-report their history of type 1 or 2 diabetes
- If a beneficiary develops diabetes while receiving MDPP services, they can continue with the program
- History of gestational diabetes, which develops during pregnancy, does not disqualify a beneficiary from receiving MDPP services



## MDPP Services

- Beneficiaries are only eligible for services once-per-lifetime
- Beneficiaries who participated in any DPP services before April 1, 2018, or before they had Medicare coverage, are still eligible because these are not considered MDPP services
- Up to 2 years of services are covered for eligible beneficiaries at no copay
- No provider referral required

See the [Beneficiary Eligibility Fact Sheet](#) for more information



# Refer Your Patients

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# Refer Your At-Risk Patients

## Screen, Test, and Refer At-Risk Medicare Patients to MDPP Suppliers

1

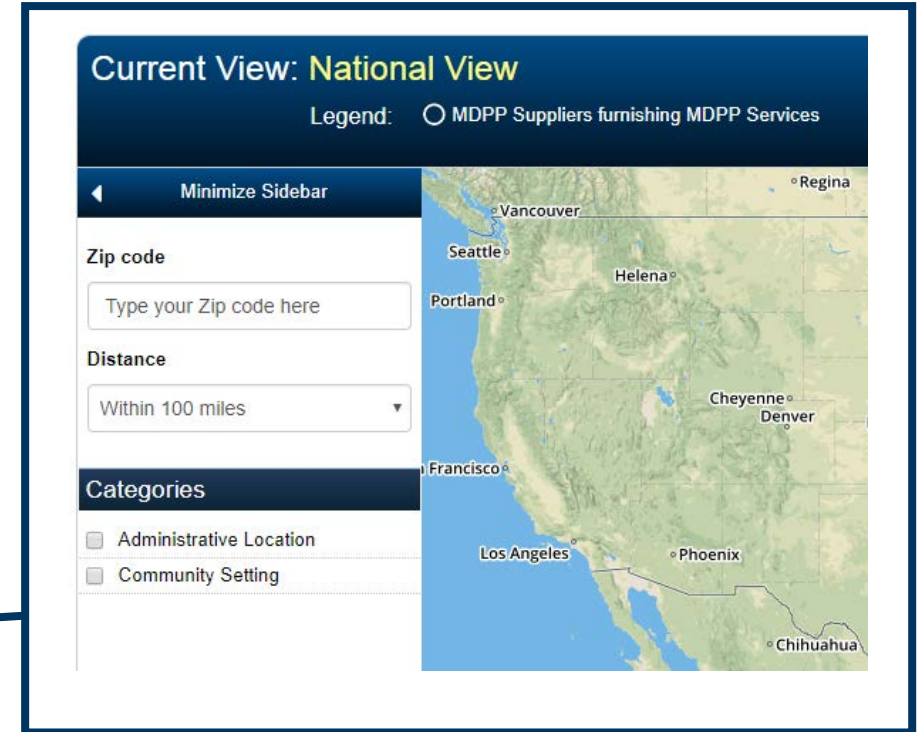
### Screen and test your at-risk Medicare patients for prediabetes

- Test your patients for prediabetes based on MDPP eligibility criteria
- View [CDC Resources for Screening & Referral](#)
- View [CDC Screen & Refer Patients to a Lifestyle Change Program](#)

2

### Educate your at-risk Medicare patients about MDPP and refer them to nearby suppliers

- Access the [MDPP Supplier Map](#)
- View a [list of all current MDPP suppliers](#)
  - Supplier location information
  - Contact information



Data.CMS.gov



# Talk with Your Patients about the Program

## Tell them:

- MDPP is a new covered service under Medicare that started earlier this year and is continuing to grow quickly across the country.
- It is based on a successful, proven model for diabetes prevention that uses face-to-face coaching sessions to help with weight loss.
- This is a new program that is still ramping up. If you do not see an organization that offers services in your community, keep checking the list. New MDPP suppliers are added to the list on a regular basis.



# Take Action Now

## Providers:

- Become familiar with [beneficiary eligibility criteria](#) and coverage and screen at-risk patients for eligibility.
- Educate patients on prediabetes and encourage participation in MDPP.
- Test patients for eligibility using one of the three required blood tests.
- Access the [MDPP Supplier Map](#) or [view a list of all current MDPP suppliers](#), along with supplier location information and contact information. Refer eligible patients to a nearby MDPP supplier.
- Consider [becoming an MDPP supplier](#).

## Diabetes Prevention Stakeholders:

- Encourage organizations to work toward CDC recognition.
- Help educate organizations on CMS enrollment and billing processes using MDPP resources.
- Work with providers to increase awareness and referrals.

## CDC Recognized DPP Organizations:

- Check your recognition status (full or preliminary).
- If recognized, enroll now in Medicare.



# Resources

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# Additional Resources



## Want to access resources? Visit:

- [MDPP](#) website: Information about beneficiary eligibility, how to enroll as an MDPP supplier, and supplier support resources
- CDC [Resources for Screening & Referral](#) and [Screen & Refer Patients to a Lifestyle Change Program](#) webpages: Helpful information about how to incorporate this process in your practice for at-risk patients
- CDC [National Diabetes Prevention Program](#) website: Information on gaining CDC supplier recognition



## Other ways to stay updated or ask questions

- [Sign up](#) for our listserv
- Email the Help Desk at [mdpp@cms.hhs.gov](mailto:mdpp@cms.hhs.gov)



# Question & Answer Session

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