



Provider Information on Medicare Diabetes Self-Management Training



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What's Changed?

Note: No substantive content updates.

Diabetes Disparities in Medicare Patients

The CMS Office of Minority Health analyzes CMS data and shows the [prevalence of Medicare patients with diabetes](#) varies by race, ethnicity, and geographic areas. Use the interactive [Mapping Medicare Disparities by Population](#) tool to find and compare diabetes prevalence, use of services, and cost disparities in your county, region, and state.

Visit the [CMS Office of Minority Health](#) for more information:

- [Health Equity Technical Assistance Program](#)
- [Disparities Impact Statement](#)

What's Diabetes Self-Management Training?

Diabetes self-management training (DSMT) is a [Medicare preventive service](#) that can result in better health for Medicare patients with diabetes.

The [deductible](#) and 20% coinsurance of the Medicare-allowed amount applies to DSMT. DSMT providers offer patients with type 1 or type 2 diabetes a full range of education and training services.

DSMT program goals include:

- Teaching patients with diabetes how to manage and control their conditions
- Reducing hospitalizations and complications
- Reducing costs

The [Social Security Act](#) establishes DSMT educational and training services as medically reasonable and necessary. Providers must describe and document these services in a comprehensive plan of care in the patient's medical record.



Who Provides Diabetes Self-Management Training?

A certified provider is a person or entity that meets the current [National Standards for Diabetes Self-Management Education and Support](#) (DSMES) and has achieved accreditation.

DSMT services may be provided by an individual or a team that has completed all the steps to achieve and maintain DSMES accreditation through a CMS certified accrediting organization (AO). Members of the team may include a registered dietitian, nutritionist, registered nurse, pharmacist, and other professionals trained in diabetes care and education.

DSMT services require a referral from the physician, nurse practitioner (NP), physician assistant (PA), or certified nurse specialist (CNS) who's treating the patient for diabetes. You can't provide DSMT and [medical nutrition therapy](#) (MNT) to the same patient on the same service date or "incident to" a physician's, NP's, CNS's, or PA's professional services.

You may provide MNT and DSMT services as [telehealth services](#).

How Can I Apply as a Diabetes Self-Management Training Accrediting Organization?

General Information

[42 CFR 410.142](#) has a complete description of CMS's national AO approval process.

Becoming a CMS-approved DSMT AO is voluntary. Only a nonprofit or not-for-profit organization with demonstrated experience in working with people with diabetes can apply for accreditation.

When you apply, enter this information:

- A detailed comparison of your accrediting requirements and quality standards to CMS standards (submit only if you don't use 1 of the established standards in [42 CFR 410.144\(a\) or \(b\)](#))
- Details about your organization's accreditation process, including accreditation frequency, accreditation form copies, guidelines, and evaluator instructions; monitoring and enforcing compliance process details; and accreditation types and categories offered
- Procedures for notifying a deemed entity of deficiencies in its DSMT program and procedures for monitoring deficiency correction
- Detailed evaluator background and qualifications information
- Description of the organization's major operational policies and procedures, like:
 - Data management and analysis
 - Responding to, and investigating, complaints and non-compliance issues ([42 CFR 410.144\(a\)\(1\)](#))
- Contact information of owners and others with controlling interest
- Your organization's accreditation documentation and ability to carry out necessary tasks

Accrediting Organization Regulations

[42 CFR 410.140–410.146](#) has the DSMT AO regulations.

In addition to meeting 1 of the options for accreditation standards, a DSMT AO must also meet these criteria:

- It uses and enforces the national standards for DSMES that meet and exceed the CMS quality standards ([42 CFR 410.144\(b\)](#))
- It meets approved organizational requirements ([42 CFR 410.143](#))
- It isn't owned or controlled by entities it accredits ([42 CFR 413.17\(b\)\(2\) or \(b\)\(3\)](#))
- It doesn't accredit entities it owns or controls

We approved 2 national DSMT AOs to accredit DSMT entities:

- [American Diabetes Association](#) (ADA)
- [Association of Diabetes Care & Education Specialists](#) (ADCES)

We approve a DSMT AO for a 6-year term:

- [42 CFR 410.143\(a\)](#) identifies ongoing DSMT AO responsibilities
- [42 CFR 410.143\(b\)](#) identifies CMS's or its agents' oversight requirements ensuring a CMS-approved DSMT AO, and entities the organization accredits, continue meeting quality standards ([42 CFR 410.144](#))
- [42 CFR 410.145](#) identifies DSMT requirements entities must meet
- [42 CFR 410.146](#) requires an approved entity collect and record this patient assessment information at least quarterly:
 - Medical information, including:
 - Diabetic condition duration
 - Insulin or oral agents use
 - Height and weight by date
 - Lipid test results by date
 - HbA1C results by date
 - Self-monitoring frequency and results
 - Blood pressure by date
 - Last eye exam date
 - Other information, including:
 - Educational goals
 - Educational needs assessment as part of comprehensive DSMES assessment
 - DSMES plan of care: education plan
 - Documentation of training provided and progress goals and learning

DSMT entities may also collect follow-up assessment information from the patient's survey, primary care physician contact, and follow-up visits.

What Are the Specific Accreditation Programs?

American Diabetes Association Education Recognition Program

All entities that provide DSMES under the current national standards for DSMES may apply for ADA recognition of their DSMES program.

Entities interested in applying for recognition can submit an [Education Recognition Program \(ERP\) onboarding form](#) to access the application portal. Entities can find support resources, including sample application templates, on the [ERP](#) website.

The ERP reviews the application and then notifies the entity through the portal when it's been approved for a 4-year recognition period, or if they need more information to process their application. ERP staff provide individualized guidance and support to the entity to help achieve application approval.

Find ADA-recognized DSMES programs through a [ZIP Code search](#). The ADA does random virtual audits of less than 5% of all recognized programs, with a maximum of 70 audits each year.

Entities selected for a virtual audit are notified 12 business days before the audit.

[Audit resources](#) help DSMES quality coordinators prepare for the audit and document required compliance with the DSMES standards.

Association of Diabetes Care & Education Specialists Accreditation Program

The [ADCES](#) has a 1-level DSMT AO accreditation program.

- A DSMT entity meeting DSMES standards may complete an online application
- The ADCES conducts an in-depth, comprehensive review to see if the entity fulfilled all quality standards
- There's a 4-year accreditation period for approved programs

To monitor approved AOs, the ADCES will perform annual, random site visit audits of less than 5% of all accredited programs.

Find an ADCES accredited [DSMT Diabetes Education Program](#) in your area.

What's the Oversight & Validation Process?

We created the DSMT oversight and validation process to evaluate CMS-approved DSMT AO performance. During this process, CMS:

- Oversees external DSMT AOs to ensure they continue to meet federal requirements and regulations
- Determines if approved DSMT AOs continue to meet Medicare regulations
- Assigns an external contractor to perform an oversight and validation process using standard survey tools and scoring mechanisms that report findings to CMS and AOs

Resources

- [Diabetes Management: Directory of Provider Resources](#)
- [DSMT Accreditation Program](#)
- [Medicare Diabetes Prevention Program](#)
- [Section 10.2.4B of the Medicare Program Integrity Manual, Chapter 10](#)
- [Section 300 of the Medicare Benefit Policy Manual, Chapter 15](#)

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