



Medicare Diabetes Self-Management Training



What's Changed?

- Removed language specific to Medicare Diabetes Prevention Program (MDPP). Get more information on that program in the [Medicare Diabetes Prevention Program Expanded Model](#) booklet.
- Registered dietitians and nutrition professionals may provide Diabetes Self-Management Training (DSMT) services if they're an accredited DSMT entity or represent an accredited DSMT entity and have an order from a physician or qualified Non-Physician Practitioner (NPP) who's treating the patient's diabetic condition (page 3).
- DSMT services require a referral from the physician or qualified NPP who's treating the patient's diabetic condition. You can't provide DSMT and Medical Nutrition Therapy (MNT) to a patient on the same service date, or incident to a physician's or NPP's professional services (page 3).
- You may provide MNT and DSMT services as [telehealth services](#) when the registered dietitians or nutrition professionals act as distant site practitioners (page 4).

You'll find substantive content updates in dark red font.

Diabetes Prevalence & Cost

The CDC's [2020 National Diabetes Statistics Report](#) says diabetes is the 9th-leading cause of death in the U.S. and estimates that:

- 37.3 million people of all ages have diabetes (11.3% of the U.S. population)
- 8.5 million people of all ages have undiagnosed diabetes
- 96 million adults 18 and older have prediabetes (a higher percentage of men [41.0%] have prediabetes than women [32.0%])
- Percentage of adults with diabetes increases with age, with 29.2% among those 65 or older

Diabetes Self-Management Training

Diabetes Self-Management Training (DSMT) is a [Medicare preventive service](#). The deductible and coinsurance of 20% 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:

- Educating Medicare patients with diabetes on how to manage and control their conditions
- Reducing hospitalizations and complications
- Reducing costs

If you're a registered dietitian or nutrition professional, you may provide DSMT services if you're an accredited DSMT entity or represent an accredited DSMT entity and have an order from a physician or qualified Non-Physician Practitioner (NPP) who's treating the patient for diabetes.

DSMT services require a referral from the physician or qualified NPP who's treating the patient for diabetes. You can't provide DSMT and [Medical Nutrition Therapy \(MNT\)](#) to a patient on the same service date, or incident to a physician's or NPP's professional services.

Together we can advance health equity and help eliminate health disparities for all minority and underserved groups. Find resources and more from the [CMS Office of Minority Health](#):

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

Diabetes Disparities in Medicare Fee-for-Service (FFS) Patients

The CMS Office of Minority Health analyzed CMS data and shows the [prevalence of Medicare FFS patients with diabetes](#) varies by race, ethnicity, and geographic areas compared to their white counterparts:

- 41% higher for American Indian or Alaska Natives
- 39% higher for Black or African Americans
- 37% higher for Hispanics or Latinos
- 35% higher for Asians

Prevalence by race and ethnicity varies by region — while Colorado had the lowest prevalence rate (18%), Mississippi, New Jersey, New York, and West Virginia had the highest prevalence rate (30%). Use the interactive [Mapping Medicare Disparities Tool](#) to find and compare diabetes prevalence, utilization, and cost disparities in your county, region, and state.

You may provide MNT and DSMT services as [telehealth services](#) when the registered dietitians or nutrition professionals act as distant site practitioners.

Legal Authority

Section 1861(qq) of the [Social Security Act](#) established DSMT services and gave CMS legal authority to regulate Medicare DSMT outpatient coverage services.

Definitions

The Social Security Act defines DSMT educational and training services as medically reasonable and necessary. A certified provider (someone who meets standards originally set by the National Diabetes Advisory Board and revised and maintained by participating organizations) must offer these outpatient services to help patients comply with therapy or develop skills and knowledge to manage their condition. Providers must describe and document these services in a comprehensive plan of care in the patient's medical record.

Accrediting Organization Regulations

Get the DSMT and DSMT Accrediting Organization (AO) regulations at [42 CFR 410.140–410.146](#).

We require DSMT AOs use 1 of these accreditation standards:

- Organization uses and enforces CMS quality standards that meet or exceed the National Standards for Diabetes Self-Management Education Programs (NSDSMEP) ([42 CFR 410.144\(b\)](#))
- Organization meets approved organizational requirements ([42 CFR 410.143](#))
- Organization isn't owned or controlled by entities it accredits ([42 CFR 413.17\(b\)\(2\)](#) or [\(b\)\(3\)](#))
- Organization doesn't accredit entities it owns or controls

CMS approved 2 national DSMT AOs to accredit DSMT entities:

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

CMS approves 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
 - Training goals
 - Follow-up assessment plan to review training goals achievements between 6 months–1 year after patient training ends
 - Training goals assessment documentation

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

Diabetes Self-Management Training Accrediting Organizations

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 individuals with diabetes can apply for accreditation.

When you apply, enter this information:

- A detailed comparison of your accrediting requirements and quality standards to our standards (submit 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 used to notify a deemed entity of deficiencies in its DSMT program and procedures to monitor 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

Specific Accreditation Programs

American Diabetes Association Education Recognition Program

The [American Diabetes Association Education Recognition Program](#) (ADA ERP) DSMT AO application process includes these main elements:

- Entity must already supply Diabetes Self-Management Education and Support (DSMES) under current national standards to apply
- You must contact ERP to access the online application portal
 - You may submit supporting documents online, by fax, or mail
- ERP team member reviews the application and notifies the entity through the application portal of approval for a 4-year recognition period
 - ERP team member notifies entities not approved in the same way and gives feedback on specific application recognition elements they still need

To monitor approved AOs, the ADA will:

- Perform annual, random site visit audits of less than 5% of all recognized programs
- Always notify entities 10 working days before a site visit with this information:
 - Give entity's DSMES quality coordinator an [Audit Toolkit](#)
 - Inform entity about required documentation

You can search recognized [DSMES Programs](#) by ZIP Code.

Association of Diabetes Care & Education Specialists Accreditation Program

The [Association of Diabetes Care & Education Specialists](#) (ADCES) Accreditation Program has a 1-level DSMT AO accreditation program.

- DSMT entity meeting DSMES standards may complete an online application
- ADCES conducts in-depth, comprehensive review to see if the entity fulfilled all quality standards
- 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.

Oversight & Validation

We created the DSMT oversight and validation process to evaluate CMS-approved DSMT AO performance. This includes:

- External DSMT AO oversight to ensure DSMT AO entities meet federal requirements
- Determining if approved DSMT AOs meet Medicare regulations
- Contractor performing oversight and validation process and reporting findings
- Survey tool and scoring mechanism

Resources

- [Diabetes Management: Directory of Provider Resources](#)
- [DSMT Accreditation Program](#)
- [National DSMES Standards](#)

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