



MEDICARE DIABETES PREVENTION AND DIABETES SELF-MANAGEMENT TRAINING

The Hyperlink Table, at the end of this document, gives the complete URL for each hyperlink.

This fact sheet explains how to become a supplier for the Medicare Diabetes Prevention Program. It also includes information on becoming an accredited Diabetes Self-Management Training provider. Explore these topics:

- Background
- Medicare Diabetes Prevention Program (MDPP)
- Diabetes Self-Management Training (DSMT)
- DSMT Accrediting Organizations (AOs)
- Oversight and Validation
- Resources



BACKGROUND

Diabetes

Diabetes is a metabolic disease. It presents as a complex group of syndromes and occurs when the body cannot properly process and convert food into energy. This causes high blood glucose levels. These high glucose levels remain in the blood and spill into the urine, causing physical complications.

Diabetes Complications

Diabetes complications eventually result in small artery disease and large blood vessel diseases which can result in kidney disease, blindness, amputation, and/or stroke.

Diabetes Prevalence and Cost

The Centers for Disease Control and Prevention (CDC) [2017 National Diabetes Statistics Report](#) (data from 2015) says diabetes was the seventh-leading cause of death in the United States and estimated:

- 30.2 million adults 18 and older had diabetes
 - 12 million were 65 or older

- 84.1 million adults 18 and older had prediabetes, but only 11.6 percent were aware they had it
 - 23.1 million were 65 or older
- Diabetes and its complications are primary or secondary factors in an estimated 9 percent of hospitalizations
- Overall, Medicare patients with diabetes are hospitalized 1.5 times more often than patients without diabetes
- 10 percent of these hospitalizations resulted from uncontrolled diabetes, and more than half of these admissions occur in beneficiaries 65 or older

MEDICARE DIABETES PREVENTION PROGRAM

The MDPP includes an evidence-based set of services aimed to help prevent the onset of type 2 diabetes among eligible Medicare beneficiaries with an indication of prediabetes. This service includes:

- Structured sessions with a coach, using a CDC-approved curriculum to provide training in dietary change, increased physical activity, and weight loss strategies
- 12 months of core sessions for beneficiaries with an indication of prediabetes, and an additional 12 months of ongoing maintenance sessions for participants who meet weight loss and attendance goals

Organizations who wish to furnish MDPP services to eligible beneficiaries and bill Medicare for those services must enroll in Medicare as an MDPP supplier. If you are already a Medicare provider you need to enroll separately as an MDPP supplier.

To enroll as an MDPP supplier, organizations must:

- Have MDPP preliminary recognition or full CDC Diabetes Prevention Recognition Program (DPRP) recognition
- Have an active and valid Tax Identification Number (TIN) or National Provider Identifier (NPI)
- Pass enrollment screening at the high categorical risk level
- On the MDPP enrollment application, submit a list of MDPP coaches who will lead sessions including full name, date of birth, Social Security Number (SSN), and active and valid NPI and coach eligibility start date and end date (if applicable)
- Meet MDPP supplier standards and requirements, and other requirements of existing Medicare providers or suppliers
- Revalidate its enrollment every 5 years

For MDPP conditions of coverage, refer to [42 Code of Federal Regulations \(C.F.R.\) § 410.79](#).

Legal Authority

The MDPP is an expansion of the Centers for Medicare & Medicaid Services' (CMS) Center for Medicare and Medicaid Innovation's (Innovation Center) Diabetes Prevention Program (DPP) model test under the [Social Security Act \(SSA\) § 1115A](#). The Secretary expanded the DPP model test in duration and scope under the authority of [SSA § 1115A\(c\)](#).

DIABETES SELF-MANAGEMENT TRAINING

DSMT is another Medicare preventive service which helps providers serving patients already diagnosed with diabetes. This preventive service helps patients manage their current diabetes diagnosis to prevent additional complications. DSMT providers cooperate to offer patients with diabetes type 1 or type 2 a full range of service options.

The DSMT program goals include educating and empowering Medicare patients diagnosed with diabetes to better manage and control their conditions, reduce hospitalizations and complications, and reduce costs.

LEGAL AUTHORITY

The [SSA § 1861\(qq\)](#) established DSMT services and gives CMS legal authority to regulate Medicare DSMT outpatient coverage services.

Definitions

The Act defines DSMT educational and training services as medically reasonable and necessary. A certified provider (one who meets standards originally set by the National Diabetes Advisory Board and revised and maintained by participating organizations) must offer these services to help patients comply with therapy or develop the 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.

Regulations for DSMT Accrediting Organizations

Refer to the DSMT and DSMT Accrediting Organization (AO) regulations at [42 C.F.R. § 410.140–410.146](#).

CMS requires DSMT AOs to use one of the following accreditation standards:

1. The organization uses and enforces CMS quality standards that meet or exceed the quality standards described in [§ 410.144\(a\)](#) or uses the National Standards for Diabetes Self-Management Education Programs (NSDSMEP) quality standards described in [§ 410.144\(b\)](#).
2. The organization meets the approved organizational requirements in [§ 410.143](#).
3. The organization is not owned or controlled by the entities it accredits, defined in [§ 413.17\(b\)\(2\) or \(b\)\(3\)](#).
4. The organization does not accredit any entity it owns or controls.

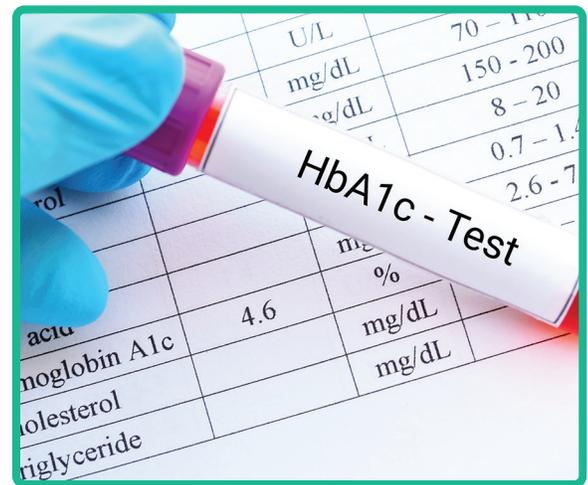
CMS approved two national DSMT AOs to accredit DSMT entities:

1. American Diabetes Association (ADA)
2. American Association of Diabetes Educators (AADE)

CMS approves DSMT AOs for 6-year terms. [§ 410.143\(a\)](#) identifies the ongoing DSMT AO responsibilities. [§ 410.143\(b\)](#) identifies CMS', or its agents', oversight requirements ensuring a CMS-approved DSMT AO and the entities the organization accredits continue meeting quality standards described at [§ 410.144](#).

[§ 410.145](#) identifies DSMT requirements entities must meet. [§ 410.146](#) requires an approved entity to collect and record the following patient assessment information at least quarterly:

- Medical information, including the following:
 - Diabetic condition duration
 - Insulin or oral agents use
 - Height and weight by date
 - Lipid test results and date
 - HbA1C results and date
 - Self-monitoring frequency and results
 - Blood pressure and corresponding dates
 - Last eye exam date
- Other information, including:
 - Educational goals
 - Educational needs assessment
 - Training goals
 - Follow-up assessment plan to review training goals achievement between 6 months and 1 year after the beneficiary's training ends
 - Training goals assessment documentation



DSMT entities may also collect follow-up assessment information.

DSMT ACCREDITING ORGANIZATIONS

General Information

Refer to [§ 410.142](#) for a complete description of CMS' national accrediting organizations' approval process.

Applying to be a CMS-approved DSMT AO is voluntary. To apply for accreditation, you must be a nonprofit or not-for-profit organization with demonstrated experience in representing individuals with diabetes.

When you apply, supply the following information:

- If you do not use one of the [§ 410.144\(a\) or \(b\)](#) established standards, submit a detailed comparison of your accrediting requirements and quality standards to CMS' standards
- Details about your organization's accreditation process, including accreditation frequency, copies of accreditation forms, guidelines, and instructions to evaluators, monitoring and enforcing compliance process details, and types and categories of accreditation offered
- The procedures used to notify a deemed entity of deficiencies in its DSMT program and procedures to monitor correction of those deficiencies
- Detailed evaluator background and qualifications information
- A description of the organization's major operational policies and procedures, such as:
 - Data management and analysis
 - Responding to and investigating complaints and non-compliance issues
- Contact information for owners and others with controlling interest
- Your organization's documentation of accreditation and ability to carry out the necessary tasks

SPECIFIC ACCREDITATION PROGRAMS

ADA Education Recognition Program (ERP)

The DSMT AO application process through the ADA ERP includes three main elements:

1. The entity must already give diabetes self-management education and support (DSMES) under current national standards to apply.
2. You must contact the ERP to access the online application portal; you may submit supporting documents online, by fax, or regular mail.
3. An ERP team member reviews the application and notifies the entity through the application portal. If approved for a 4-year recognition period, the ERP team member notifies entities not approved in the same way and gets feedback on specific application recognition elements still needed.

To monitor approved AOs, the ADA will:

- Perform an annual, random site visit audit of less than 5 percent of all recognized programs
- Notify entities 10 working days before a site visit; there are no unannounced visits
 - Give the entity's DSMES quality coordinator an [Audit Toolkit](#)
 - Inform the entity about the required documentation

You can search recognized [DSMES programs](#) by zip code.

AADE Accreditation Program

The AADE has a one-level DSMT AO accreditation program.

- Any DSMT entity that meets DSMES standards may complete an [online application](#)
- The AADE conducts an in-depth, comprehensive review to see if the entity fulfilled all quality standards
- An approved program is accredited for 4 years

To monitor approved AOs, the AADE will:

- Perform an annual, random site audit of approximately 5 percent of all programs
 - Notify entities 10 working days before an audit

Find an AADE accredited [DSMT diabetes education program](#) in your area.

OVERSIGHT AND VALIDATION

- CMS must offer external DSMT AO oversight to ensure DSMT AO entities meet federal requirements.
- CMS created the DSMT oversight and validation process to evaluate CMS-approved DSMT AO performance.
- CMS' DSMT AO accreditation oversight and validation process helps determine if approved DSMT AOs function according to Medicare regulations.
- CMS uses a contractor to perform the oversight and validation process and report findings.
- The oversight and validation process uses a survey tool and a scoring mechanism.

RESOURCES

For more information, refer to the national AOs:

[American Diabetes Association \(ADA\)](#)

2451 Crystal City Drive
Suite 900
Arlington, VA 22202
Phone: 800-342-2383

[American Association of Diabetes Educators \(AADE\)](#)

200 W. Madison
Suite 800
Chicago, IL 60606
Phone: 800-338-3633

Table 1. Resources

Resources	Website
Accreditation Program	CMS.gov/Medicare/Provider-Enrollment-and-Certification/SurveyCertificationGenInfo/DSMT-Accreditation-Program Email: DSMTAccreditations@cms.hhs.gov
Diabetes Statistics and Prevalence	CDC.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf
DSMT Coding and Billing	CMS.gov/Medicare/Prevention/PrevntionGenInfo/medicare-preventive-services/MPS-QuickReferenceChart-1.html#DIABETES_SELF
MDPP-CDC Roles Fact Sheet	Innovation.cms.gov/Files/fact-sheet/CMS-CDC-Roles-Fact-Sheet.pdf
MDPP Coding and Billing	CMS.gov/Medicare/Prevention/PrevntionGenInfo/medicare-preventive-services/MPS-QuickReferenceChart-1.html#MDPP
MDPP Expanded Model	Go.CMS.gov/mdpp
National Standards for DSMES	Diabeteseducator.org/practice/practice-documents/national-standards-for-dsmes

Table 2. Hyperlink Table

Embedded Hyperlink	Complete URL
42 Code of Federal Regulations (C.F.R.) § 410.79	https://www.ecfr.gov/cgi-bin/retrieveECFR?gp=&SID=ddf8e7c3bfeea972b61db2d278a2afb1&mc=true&n=pt42.2.410&r=PART&ty=HTML#se42.2.410_179
42 C.F.R. § 410.140–410.146	https://www.ecfr.gov/cgi-bin/text-idx?SID=35fab7def9bb9c937d3af534774269df&mc=true&node=sp42.2.410.h&rgn=div6
§ 410.142	https://www.ecfr.gov/cgi-bin/text-idx?SID=db2b9556e043518d06201cf720203467&mc=true&node=se42.2.410_1142&rgn=div8
§ 410.143 § 410.143(a) § 410.143(b)	https://www.ecfr.gov/cgi-bin/text-idx?SID=b70d5d26e5bac15b5404b909dbecc86a&mc=true&node=pt42.2.410&rgn=div5#se42.2.410_1143

Table 2. Hyperlink Table (cont.)

Embedded Hyperlink	Complete URL
§ 410.144 § 410.144(a) § 410.144(a) or (b) § 410.144(b)	https://www.ecfr.gov/cgi-bin/text-idx?SID=b70d5d26e5bac15b5404b909dbecc86a&mc=true&node=pt42.2.410&rgn=div5#se42.2.410_1144
§ 410.145	https://www.ecfr.gov/cgi-bin/text-idx?SID=b70d5d26e5bac15b5404b909dbecc86a&mc=true&node=pt42.2.410&rgn=div5#se42.2.410_1145
§ 410.146	https://www.ecfr.gov/cgi-bin/text-idx?SID=b70d5d26e5bac15b5404b909dbecc86a&mc=true&node=pt42.2.410&rgn=div5#se42.2.410_1146
§ 413.17(b)(2) or (b)(3)	https://www.ecfr.gov/cgi-bin/text-idx?SID=b70d5d26e5bac15b5404b909dbecc86a&mc=true&node=pt42.2.413&rgn=div5#se42.2.413_117
2017 National Diabetes Statistics Report	https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf
American Association of Diabetes Educators (AADE)	https://www.diabeteseducator.org
American Diabetes Association (ADA)	https://www.diabetes.org
Audit Toolkit	https://professional.diabetes.org/sites/professional.diabetes.org/files/media/erp-audit-toolkit-9-2016.pdf
DSMES Programs	https://professional.diabetes.org/erp_list_zip
DSMT Diabetes Education Program	https://www.diabeteseducator.org/living-with-diabetes/find-an-education-program
Online Application	https://nf01.diabeteseducator.org/eweb/DynamicPage.aspx?WebCode=LoginRequired&expires=yes&Site=aade
Social Security Act (SSA) § 1115A SSA § 1115A(c)	https://www.ssa.gov/OP_Home/ssact/title11/1115.htm
SSA § 1861(qq)	https://www.ssa.gov/OP_Home/ssact/title18/1861.htm

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