



MEDICARE DRUG & HEALTH PLAN CONTRACT ADMINISTRATION GROUP

DATE: November 23, 2016

TO: Medicare Advantage Organizations
Section 1833 and 1876 Cost Plans
Program of All-Inclusive Care for the Elderly Organizations
Medicare-Medicaid Plans

FROM: Kathryn A. Coleman
Director

SUBJECT: Medicare Diabetes Prevention Program Expanded Model

This memorandum addresses implementation of the Medicare Diabetes Prevention Program (MDPP) expanded model as it pertains to Medicare Advantage Organizations (MAOs), Section 1876 and 1833 Cost Plans, the Program of All-Inclusive Care for the Elderly (PACE) organizations, and Medicare-Medicaid Plans. The MDPP expansion was finalized in the calendar year (CY) 2017 Physician Fee Schedule final rule, and is designated as an “Additional Preventive Service” under Section 1861(ddd) of the Social Security Act.

The MDPP expanded model is an expansion in the duration and scope of the Diabetes Prevention Program (DPP) model test under Section 1115A(c) of the Social Security Act. Effective January 1, 2018, MDPP services will be covered for eligible Medicare beneficiaries under all Medicare health plans. The MDPP benefit is covered at zero cost-sharing.

The MDPP expanded model is a structured health behavior change intervention that provides practical training in long-term dietary change, increased physical activity, and problem-solving strategies for overcoming challenges to sustaining weight loss and a healthy lifestyle.

The primary goal of the intervention is to reduce the incidence of type 2 diabetes through moderate weight loss that is achieved by healthy lifestyle changes. Additionally, the CMS Chief Actuary certified that expansion of the DPP model test would not result in an increase in Medicare spending and that the MDPP expanded model is likely to reduce Medicare expenditures if made available to eligible Medicare beneficiaries.¹

MDPP services will be furnished in community and health care settings by coaches trained to teach and motivate participating beneficiaries to make lifestyle changes that could lower their risk for developing type 2 diabetes. Each coach and the organization through which the services are furnished will be required to obtain a National Provider Identifier (NPI). Only organizations that become recognized by the Centers for Disease Control and Prevention (CDC), can enroll in Medicare and be eligible for Medicare payment.

¹ The full CMS Actuary Report is available at <https://www.cms.gov/Research-Statistics-Data-and-Systems/Research/ActuarialStudies/Downloads/Diabetes-Prevention-Certification-2016-03-14.pdf>

The MDPP core benefit is one year long and consists of 16 core sessions during the first 6 months and monthly core maintenance sessions over the remaining 6 months. After the one year core benefit, a beneficiary can access ongoing maintenance sessions if the beneficiary maintained the goal of losing at least 5 percent or more of their baseline body weight at any point during the previous three months of maintenance sessions.

To be eligible for the benefit, a beneficiary must (1) be enrolled in Medicare Part B; (2) have, as of the date of attendance at the first core session, a body mass index (BMI) of at least 25 if not self-identified as Asian, and a BMI of at least 23 if self-identified as Asian; (3) have, within the 12 months prior to attending the first core session, a hemoglobin A1c test with a value between 5.7 and 6.4 percent, a fasting plasma glucose of 110-125 mg/dL, or a 2-hour post-glucose challenge (oral glucose tolerance test) of 140-199 mg/dL; (4) have no previous diagnosis of type 1 or type 2 diabetes; and (5) not have end-stage renal disease.

In order to provide this benefit, a Medicare health plan may choose to contract with an organization that is Medicare-enrolled as an MDPP supplier, or become Medicare-enrolled as an MDPP supplier itself.

Additional information about applying for CDC recognition can be found at <http://www.cdc.gov/diabetes/prevention/lifestyle-program/index.html>, and questions about MDPP should be directed to the Medicare Part C Policy Mailbox: <https://dpap.lmi.org>.

CMS expects release of additional regulations pertaining to the MDPP expanded model as it pertains to Medicare Fee-for-Service in 2017.