

Medicare Diabetes Prevention Program (MDPP)

MDPP Beneficiary Disclosure Worksheet

Name: _____

Date: _____

Congratulations on participating in the Medicare Diabetes Prevention Program (MDPP)! MDPP is a 12-month program that focuses on long-term healthy behavior changes. Twelve months might sound like a long commitment, but learning new habits, gaining new skills, and building confidence take time. During MDPP sessions, coaches will teach behavior change practices like healthy eating, stress reduction, and exercise. All of these things will help reduce your risk of developing type 2 diabetes or having a heart attack or stroke. This worksheet will help you better understand what is covered under MDPP and your eligibility for MDPP set of services.

Set Your Goals

With help from your MDPP coach, fill out the information below!

Name of MDPP supplier

Address of MDPP supplier

Name of MDPP Coach

Coach contact information


Starting weight

Goal weight



Calculate your goal weight

Calculate your weight loss goal below. Then, subtract your **weight loss goal** from your **starting weight** to get your **goal weight**!

_____ X 0.05 =  _____
Starting weight *Weight loss goal*

_____ - _____ =  _____
Starting weight *Weight loss goal* *Goal weight*



Confirm Your Eligibility

To participate in MDPP, you must meet these eligibility requirements:

1. Provide results from one of three **prediabetic tests**:
 - **Hemoglobin A1c** with a value of 5.7-6.4 (*requires a physician referral to be covered by Medicare*)
 - **Fasting plasma glucose test** with a value of 110-125 mg/dl (*requires a physician referral to be covered by Medicare*)
 - **Oral glucose tolerance test** with a value of 140-199 mg/dl (*requires a physician referral to be covered by Medicare*)
2. No **history of diabetes**, with the exception of gestational diabetes
3. No **End Stage Renal Disease (ESRD)**
4. No **previous receipt of MDPP services**
5. Have **Medicare Part B coverage** through Original Medicare (Fee-for-Service) or a Medicare Advantage (MA) plan
6. Have a **body mass index (BMI)** of at least 25, 23 if self-identified as Asian



Keep in mind...

- If you develop end-stage renal disease or lose Medicare Part B coverage while receiving MDPP services, you will not be eligible for any additional sessions
- MDPP is a once-per-lifetime service. By attending the first core session, you are initiating your 12-month set of services. Your MDPP services period ends on the “end date” you will fill out on page 3
- As an eligible beneficiary, you should not be asked to pay any out-of-pocket costs to participate in MDPP

12-Months of MDPP Services

The primary goal of MDPP is to lose 5% of your body weight. Your supplier will offer at least 16 sessions during the first six months, and at least six sessions during the last six months.

Attendance

There are no attendance requirements for the 12 months of MDPP, but you should attend as many sessions as you can. Research shows that participants who attend more group sessions have better outcomes.

If you miss a session, you can ask your MDPP coach for a **make-up session**. Make-up sessions can be either virtual or in-person.

Weight Loss

MDPP is available to all beneficiaries who meet the requirements listed on page 2.



Weight loss goal



Goal weight

Familiarize Yourself with the Timeline

There are a number of important dates you should know. Work with your MDPP coach to fill out the timeline below.

Start date

End date

MDPP Core Sessions

Months 1-6 (Weekly Sessions)

- A minimum of 16 sessions offered at least a week apart during the first 6 months
- Available to eligible beneficiaries regardless of weight loss and attendance
- In-person and virtual make-up sessions are available and must meet specific requirements

Maintenance Sessions

Months 7-12 (Monthly Sessions)

- A minimum of 6 monthly sessions during the second 6 months
- Available to eligible beneficiaries regardless of weight loss and attendance
- In-person and virtual make-up sessions are available and must meet specific requirements

Disclosures

MDPP Supplier Standards and Requirements: In addition to this document, your MDPP coach should give you a copy of the [MDPP Supplier Requirements Checklist](#). This document lists the rules your supplier must follow as part of MDPP. Look it over and let your MDPP coach know if you have questions at any time.

Medicare Advantage: Some information disclosed in this document may differ if you receive Medicare coverage via a Medicare Advantage plan. If you are a Medicare Advantage enrollee, you should contract your Medicare Advantage plan and review coverage documents provided by your health plan for more information on MDPP services.

Helpful Resources

- Your Medicare Coverage: <https://www.medicare.gov/coverage/medicare-diabetes-prevention-program>
- MDPP Expanded Model Website: <http://go.cms.gov/mdpp-exp>
- MDPP Beneficiary Eligibility Fact Sheet: <https://innovation.cms.gov/files/fact-sheet/mdpp-beneelig-fs.pdf>
- Medicare Diabetes Prevention Program (MDPP) Expanded Model – MLN Booklet: <https://www.cms.gov/files/document/mln34893002-medicare-diabetes-prevention-program-expanded-model.pdf>
- Medicare Preventive Services – MDPP: <https://www.cms.gov/medicare/prevention/prevntiongeninfo/medicare-preventive-services/mps-quickreferencechart-1.html#MDPP>
- MDPP List of Suppliers: <https://data.cms.gov/cms-innovation-center-programs/alternative-payments-medicare-diabetes-prevention-program/medicare-diabetes-prevention-program>
- Registry of CDC Diabetes Prevention Recognition Program organizations: <https://dprp.cdc.gov/Registry>