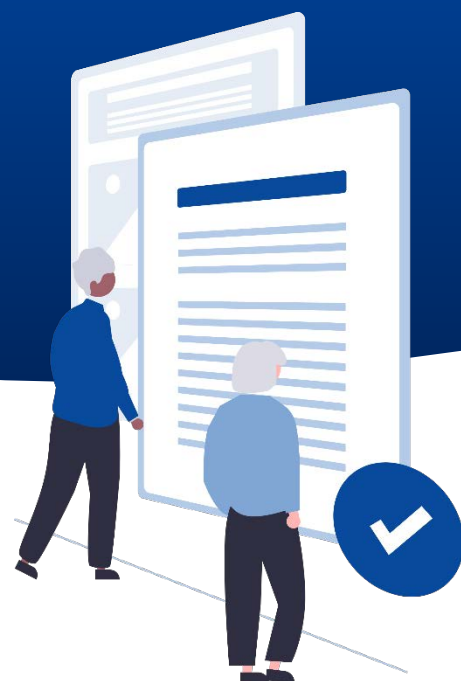


The MDPP Bulletin

May 2025, Volume 2, Issue 1



Welcome to the Centers for Medicare & Medicaid Services (CMS) [Medicare Diabetes Prevention Program \(MDPP\)](#) quarterly newsletter, The MDPP Bulletin! MDPP is an evidence-based behavioral intervention that aims to prevent or delay the onset of type 2 diabetes for eligible Medicare beneficiaries diagnosed with prediabetes, through a combination of diet, physical activity, and weight loss. MDPP beneficiaries may attend up to 22 sessions within a 12-month period.

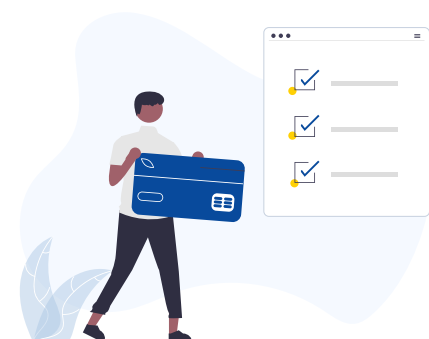
MDPP Events

MDPP Distance Learning Webinar

The CMS MDPP Team presented the MDPP Distance Learning Webinar on November 14th, 2024. The [webinar slides](#) and [recording](#) are available on the [MDPP website](#) if you would like to learn more about distance learning and tips for success with this delivery modality.

MDPP Office Hours: Billing & Payment Technical Assistance

The CMS MDPP Team provided MDPP Office Hours on Billing and Payment to existing MDPP suppliers on March 12th, 2025. We discussed key claim submission requirements and payment updates (including how to use modifier 76), updated payment rates, and removal of bridge payments. The session featured a presentation, reviewed newly available resources, and answered common supplier questions. The Office Hours slide deck and recording will be posted on the MDPP website in the future if you would like to learn more about MDPP billing and payment.



Additionally, the CMS MDPP Team plans to provide an [upcoming MDPP Office Hours on Billing and Payment](#) to existing MDPP suppliers on June 5th, 2025 at 2pm ET. During this event, the CMS MDPP Team will describe common issues that suppliers experience when submitting claims for MDPP services, identify important information that suppliers must maintain in the Provider Enrollment, Chain, and Ownership System (PECOS) enrollment application, and outline general documentation requirements.

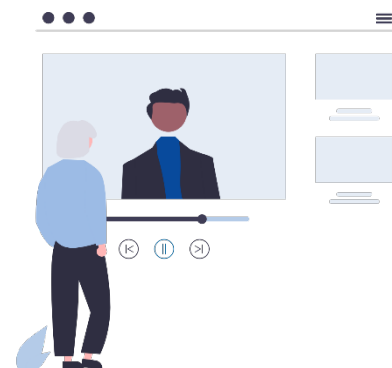
2025 MDPP Peer Learning Group

The MDPP Peer Learning Group is an ongoing learning opportunity for existing MDPP suppliers offered by the CMS MDPP Team. Group goals include creating a community for suppliers to share recommended practices and facilitating supplier networking. Meetings will be offered monthly for 60 minutes beginning in late June 2025. The CMS MDPP Team aims to recruit existing MDPP suppliers to participate in this group. If your organization would like to participate in a MDPP Peer Learning Group in 2025, please email mdpp@cms.hhs.gov, to express interest by June 16th, 2025.

Program Announcements and Resources

PC-ACE Software Tutorial

To assist MDPP suppliers in properly submitting claims for MDPP services, the CMS MDPP Team is developing a video tutorial using the PC-ACE software. This video tutorial will walk MDPP suppliers through the process of submitting claims electronically. Our team is seeking feedback on this tutorial from existing MDPP suppliers who currently use PC-ACE software to submit claims. If your organization is interested in supporting the MDPP team by providing feedback on this resource in development, please email mdpp@cms.hhs.gov by June 30th, 2025.



Medicare Advantage (MA) Resources

The [MDPP Medicare Advantage \(MA\) Appeals Fact Sheet](#) provides an overview of the CMS MA appeals process and outlines important information about appeals that MDPP suppliers should be aware of when offering services to MA enrollees. MDPP suppliers should refer to the [MDPP Medicare Advantage Fact Sheet](#) for recommended practices when offering services to MA enrollees and for important general information about working with Medicare Advantage Organizations (MAOs).

National Diabetes Prevention Program (National DPP) Tools for Engaging Advanced Practice Providers

The Centers for Disease Control and Prevention (CDC) developed several planning tools to help organizations conduct outreach with Advanced Practice Providers (e.g., nurse practitioners, physician assistants, etc.) to increase referrals to the National DPP Lifestyle Change Program (LCP). MDPP suppliers are encouraged to review the [Outreach Materials and Tools to Help National DPP LCPs Engage Advanced Practice Providers in Referrals](#) to facilitate provider outreach.

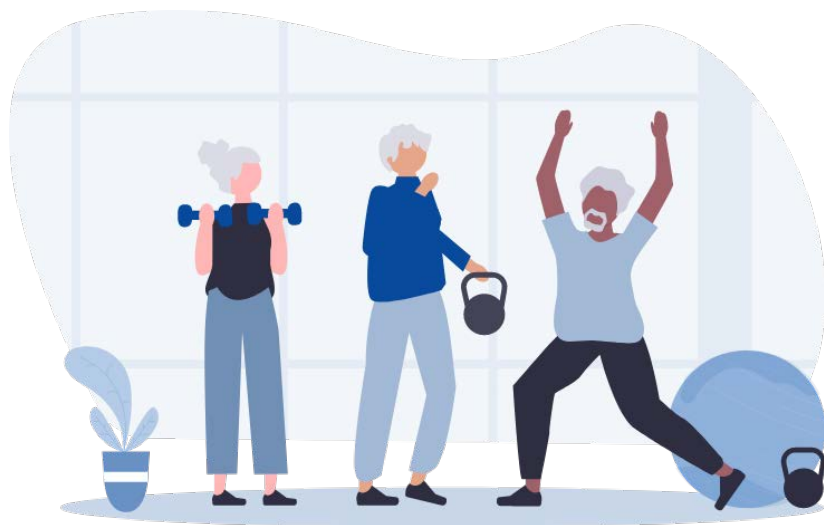
Calendar Year (CY) 2025 Physician Fee Schedule (PFS) Final Rule

The CMS MDPP Team finalized several changes to MDPP expanded model policies in the [CY25 PFS Final Rule](#). Specifically, we made changes to align with the CDC [2024 DPRP Standards](#), clarified delivery modes for MDPP make-up sessions, added an option for self-reporting weight for an MDPP distance learning session, added Modifier 76 to help MACs to process same day make-up sessions, removed the bridge payment, and aligned rule language with previous rulemaking. These changes went into effect on January 1, 2025. The [MDPP CY25 PFS Final Rule Fact Sheet](#) provides an overview of these changes. In addition, the CY 2026 Physician Fee Schedule (PFS) Proposed Rule is expected to be published in the Federal Register in June 2025.

Medicare Diabetes Prevention Program (MDPP) Expanded Model CY 2025 Payment Rates

The MDPP CY 2025 Payment Rates are presented in the table below. The G-codes in this table are based on the CY 2025 PFS and are relevant for claims with dates of service starting January 1, 2025. Please note that the Bridge Payment (G9890) was removed from the list of Healthcare Common Procedure Coding System (HCPCS) G-Codes that will be accepted for MDPP service dates from January 1st, 2025, and later. Bridge Payments can still be claimed for dates of service prior to January 1st, 2025.

HCPCS G-Code	Payment Description	CY 2025 Rate
G9886	Behavioral counseling for diabetes prevention, in-person, group, 60 minutes	\$26
G9887	Behavioral counseling for diabetes prevention, distance learning, group, 60 minutes	\$26
G9880	5% Weight-Loss (WL) Achieved from baseline weight	\$149
G9881	9% WL Achieved from baseline weight	\$26
G9888	Maintenance 5% WL from baseline weight in months 7-12	\$8



Frequently Asked Supplier Questions (FAQs)

Each issue of *The MDPP Bulletin* will highlight an important FAQ from the MDPP website. See the [MDPP FAQs webpage](#) for a full list of questions and answers pertaining to MDPP.



How can an MDPP supplier measure a beneficiary's weight?

During the COVID-19 public health emergency (PHE) and PHE flexibilities extension, a beneficiary's weight may be taken in-person by the MDPP supplier, via digital technology (such as scales that transmit weights securely via wireless or cellular transmission), or self-reported by the MDPP beneficiary from an at-home digital scale if the weight will be used for the purposes of documenting a performance goal. Self-reported weights may be obtained during live, synchronous online video technology, such as video chatting or video conferencing, wherein the MDPP coach observes the beneficiary weighing themselves and views the weight indicated on the at-home digital scale. Alternatively, the beneficiary may self-report their weight by submitting to the MDPP supplier a date-stamped photo or video recording clearly documenting the beneficiary's weight as it appears on a digital scale, with the beneficiary visible in their home.



New in 2025!

In the [CY25 PFS Final Rule](#), the CMS MDPP Team updated self-reporting weight requirements for an MDPP distance learning session in response to comments that beneficiaries are unable to take a picture while standing on their home scales due to risk of injury and physical health limitations ([88 FR 79249](#)). We finalized language to specify that as of January 1, 2025, a beneficiary can choose to self-report their weight for an MDPP distance learning session by sending 2 (two) date-stamped photos: one with their weight on the digital scale and one with the beneficiary visible in their home.



MDPP Supplier Success Stories

Each issue of the MDPP Bulletin features an MDPP supplier who has experienced success implementing and administering MDPP. This month, we're thrilled to introduce HabitNu, a health and wellness company focused on prevention of chronic conditions. Special thanks to Vernon Mathias, Shannon O'Neal, Sindhu Rajan, and Stephanie Watkins from HabitNu for sharing your story with the MDPP community!

Disclaimer:

The CMS Innovation Center (CMMI) recognizes the important role of technology in many of our platforms, however CMMI does not create models around a specific brand of technology and/or clinical care design system, nor do we endorse a specific technology platform. Instead, we provide general guidance to participants so they can decide what technology platform and care design framework will work best for model delivery. The following information about HabitNu was provided by HabitNu. This information is for general informational purposes only and is not an endorsement by CMMI, CMS, the Department of Health and Human Services, or the United States government.

[HabitNu](#) gained CDC recognition in 2017 and became an MDPP supplier in 2018. In 2021, HabitNu became a CDC-approved umbrella hub organization. HabitNu currently has 22 subsidiaries in 9 states, with plans to expand in 2025. HabitNu's umbrella hub arrangement includes health care providers, county health agencies, community pharmacies, and community organizations focused on chronic disease prevention.



HabitNu At-A-Glance

- MDPP supplier since 2018
- Became an umbrella hub organization in 2021
- Currently supports 56 active MDPP cohorts
- Average cohort includes 12-18 participants
- Currently supports 42 lifestyle coaches

MDPP Service Delivery

Currently, HabitNu supports 56 active MDPP cohorts with enrolled Medicare participants, and is projected to double its annual cohort offerings in 2025. HabitNu's MDPP cohorts typically consist of 12-18 participants and include in-person and distance learning modalities. HabitNu's team currently includes 42 certified lifestyle coaches. HabitNu recruits coaches on an ongoing basis through targeted job postings and referrals from HabitNu's DPP partners and subsidiaries. Additionally, they leverage professional connections in chronic disease management to attract health coaching candidates with expertise in dietetics, behavioral health, nursing, public health, and kinesiology. HabitNu's MDPP services are covered by Medicare, Medicaid, and several commercial plans.



HabitNu recently completed an 18-month analysis of its National Diabetes Prevention Program (NDPP) offerings, revealing several encouraging program outcomes. During this period, 57.4% of participants reported improved HbA1c levels, and 35.3% moved from prediabetes to normal glucose levels. Additionally, 65% of participants achieved reductions in both weight and body mass index (BMI), with an average weight loss of 14 pounds and a 2.21% decrease in BMI.

DPP Platform

HabitNu created a HIPAA-compliant end-to-end Diabetes Prevention Program (DPP) platform which facilitates participant recruitment, program delivery, billing and claim submission, and DPRP data aggregation and submission. This platform includes dashboards for organizations and coaches to review aggregate data, reports, and data analyses on participant outcomes. Additionally, MDPP participants can use this platform to attend distance learning sessions via the HabitNu Learn Module and utilize a lifestyle and behavior change app.

HabitNu's lifestyle and behavior change app aims to build healthy habits with smart nudges for personalized user engagement.

HabitNu's technology can be accessed from any device (e.g., computer, tablet, smartphone) and includes a virtual classroom, education (CDC-approved curriculum released weekly), food diary, habits tracker, and device connectivity data transmission which can be paired with Bluetooth scales or physical activity tracking devices. Currently, 96% of MDPP participants use the app to log weight, 79% track physical activity (manually or via device integrations such as Fitbit, Garmin, and Apple Health), and 42% track food intake. Data from the app, such as food diary entries, attendance, weight, activity tracking, and video viewing, flows into a coach portal, offering a complete view of each participant's progress and engagement. This allows coaches to monitor and customize their support based on real-time data.

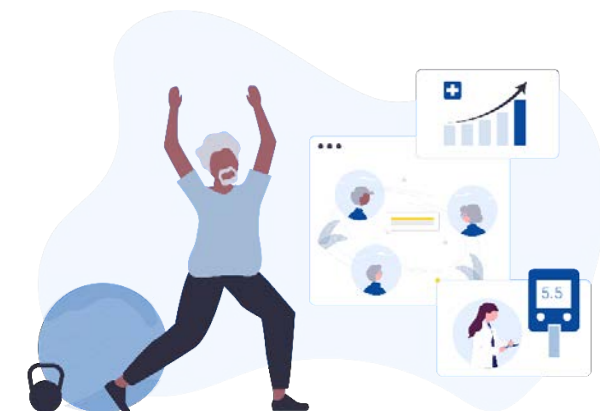
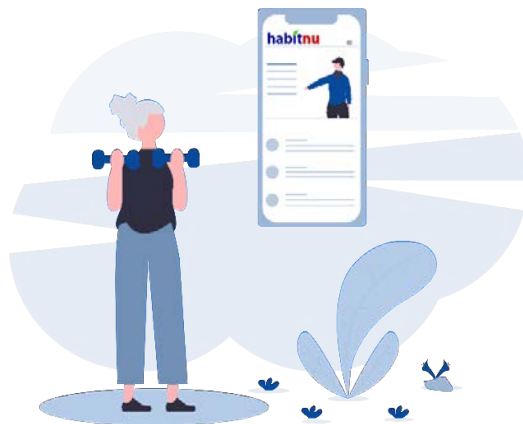
Among HabitNu's 56 current cohorts (which include MDPP and NDPP enrollees), 820 active participants are currently using the app, with 348 participants on Medicare or Medicare Advantage plans. About 30% of participants continue to use the HabitNu app after program completion. Features such as HabitConnect (HabitNu's secure discussion forum), video library, and habits tracker are tools that program graduates continue to utilize for support after an MDPP cohort has ended. HabitNu's video library offers several pre-recorded recipe and exercise videos led by chefs and certified fitness instructors, with plans to expand the library in 2025. Popular content includes chair yoga, 2-minute recipes, and 25 snacks under 100 calories.

Additionally, HabitNu's technology has artificial intelligence (AI) capabilities for generative participant motivation, personalized recommendations, and guided onboarding to drive participant engagement. HabitNu's Recipe Builder, powered by HabitAI, is a new feature integrated into the HabitNu food diary. This feature creates personalized and simple recipes based on dietary preferences, health goals, and ingredient availability.

HabitNu's platform features an administrative console with an integrated billing component. Specifically, the milestone tracker ensures program delivery and billing compliance, a claims scrubber flags errors before claims are submitted, the claims status highlights acceptance or rejection by payers, and the claims dashboard provides visibility into billing processes. HabitNu also created an MDPP class-finder tool which allows prospective

participants to find upcoming MDPP cohorts in their area. This class-finder tool is updated in real time and provides cohort information such as class type (e.g., in-person, distance learning, etc.), location, coach name, contact information, and providing organization's website.

HabitNu's MDPP coaches offer technical assistance to beneficiaries who are new to the platform and offer best practices sessions to help users navigate the app effectively. Additionally, MDPP participants can use a peer-to-peer support tool within the app to help one another with technical issues, if they prefer.



Efforts to Improve Access to MDPP

In 2023, HabitNu entered into a five-year cooperative agreement (CDC DP23-0020 Component C) with the CDC to serve as an administrative hub to address the rising incidence of type 2 diabetes in communities that are medically underserved. This initiative aims to improve health outcomes for populations at an increased risk of prediabetes. This cooperative agreement made it possible for HabitNu to expand its MDPP capacity across multiple states. In the first year, HabitNu enrolled over 3,000 participants, surpassing the CDC's target of 1,000. In year 2, more than 800 participants have enrolled, many of whom are from rural areas served exclusively by HabitNu subsidiaries.

To improve beneficiary success in MDPP, HabitNu uses a streamlined process to facilitate risk assessments and participant referrals to resources that can help them fully participate in MDPP and apply the program's skills and lessons. Surveys are embedded in HabitNu's risk assessment, with algorithms in the coach portal identifying areas for follow-up. MDPP participants can also request assistance directly via HabitNu's app. Currently, 24% of HabitNu's MDPP participants seek resources such as food assistance (15%), transportation assistance (8%), and childcare (3%). HabitNu is integrated with platforms such as [Unite Us](#) and [Find Help](#), which provide referrals to MDPP participants and resource access tracking. In 2025, HabitNu plans to build a participant-initiated feature called "I Need Help." More information on this exciting feature will be available soon.

Disclaimer:

The information in this newsletter about HabitNu and its technology platform is for general informational purposes only and is not an endorsement by CMMI, CMS, the Department of Health and Human Services, or the United States government.



Thank You

Thank you for reading The MDPP Bulletin. The CMS MDPP Team hopes this information will be helpful to your organization. We welcome feedback from MDPP suppliers! If you have suggestions for future newsletter topics or events, or if you'd like your organization to be featured in an MDPP success story, please email us at mdpp@cms.hhs.gov. Have a great day!

