



Provider Information on Medicare Diabetes Self-Management Training



What's Changed?

Note: No substantive content updates.

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What's Diabetes Self-Management Training?

Diabetes self-management training (DSMT) is a [Medicare preventive service](#) that can result in better health for Medicare patients with diabetes.

The [deductible](#) and 20% coinsurance of the Medicare-allowed amount apply 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:

- Teaching patients with diabetes how to self-manage their conditions
- Reducing hospitalizations and complications
- Reducing costs

The [Social Security Act](#) establishes DSMT educational and training services as medically reasonable and necessary when a comprehensive plan of care is established by the physician or qualified non-physician practitioner (NPP) managing the patient's diabetes. Providers must describe and document these services in the patient's medical record where the physician or NPP plan of care is incorporated.

Who Provides DSMT?

A certified provider is a person or entity that meets the current [National Standards for Diabetes Self-Management Education and Support](#) (DSMES) and is accredited through a [CMS-certified accrediting organization](#) (AO).

A person or a team that completes all the steps to achieve and maintain DSMES accreditation through a CMS-certified AO may provide DSMT services to help patients self-manage their disease. Team members may include registered dietitians, nutrition professionals, registered nurses, pharmacists, and other professionals trained in diabetes care and education.

DSMT services require a referral from the physician, nurse practitioner (NP), physician assistant (PA), or certified nurse specialist (CNS) who's treating the patient for diabetes. You can't provide DSMT and [medical nutrition therapy](#) (MNT) to the same patient on the same service date or "[incident to](#)" a physician's, NP's, PA's, or CNS's professional services.

You may provide DSMT services as a [telehealth service](#) when a registered dietitian, nutrition professional, physician, NP, PA, or CNS acts as a [distant site practitioner](#). The distant site practitioner may bill and get paid for DSMT services when they both:

- Do so on behalf of others who personally provide the services as part of the DSMT entity
- Provide injection training for an insulin-dependent patient using interactive telecommunications technology and that training is included in the patient's DSMT [plan of care](#)

We allow DSMT insulin injection training through [telehealth](#) when it aligns with clinical standards, guidelines, or best practices.

How Can My Organization Apply to Be a DSMT AO?

General Information

[42 CFR 410.142](#) describes our 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 people with diabetes can apply to be an AO.

When you apply, enter this information:

- A detailed comparison of your accrediting requirements and quality standards with CMS standards (submit only 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
 - Copies of accreditation forms, guidelines, and evaluator instructions
 - Details about your compliance monitoring and enforcement process
 - Accreditation types and categories offered
- Procedures for notifying a deemed entity (an accredited entity that CMS hasn't yet approved to provide training) of deficiencies in its DSMT program and procedures for monitoring deficiency correction
- Detailed information on evaluator background and qualifications
- Description of the organization's major operational policies and procedures, including:
 - Data management and analysis
 - Responding to, and investigating, complaints and non-compliance issues ([42 CFR 410.142\(b\)\(6\)](#))
- Contact information of owners and others with controlling interest
- Your organization's accreditation documentation and ability to carry out necessary tasks



AO Regulations

DSMT AO regulations are located at [42 CFR 410.142–410.145](#).

In deciding to approve and recognize an organization's accreditation program to accredit entities to provide training, CMS considers the following criteria:

- The organization uses and enforces quality standards that CMS has determined meet or exceed the CMS quality standards described in [42 CFR 410.144\(a\)](#) or uses the National Standards for Diabetes Self-Management Education Program quality standards described in [42 CFR 410.144\(b\)](#)
- It meets requirements for approved organizations described in [42 CFR 410.143](#)
- The organization isn't owned or controlled by the entities it accredits (defined in [42 CFR 413.17\(b\)\(2\) or \(b\)\(3\)](#))
- It doesn't accredit entities it owns or controls

We approved 2 national DSMT AOs to accredit DSMT entities:

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

CMS may approve a DSMT AO for up to 6 years, after which it must reapply for CMS-approval. While serving as a CMS-approved AO, the organization must meet requirements at [42 CFR 410.143](#).

DSMT deemed and approved entities must meet requirements at [42 CFR 410.145](#).

Information Collection

CMS requires that an approved entity collect and record this patient assessment information at least quarterly according to requirements in [42 CFR 410.146](#):

- | | |
|---|---|
| <ul style="list-style-type: none">• Medical information, including:<ul style="list-style-type: none">• Diabetes condition duration• Insulin, GLP1s, or oral agents used• 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 | <ul style="list-style-type: none">• Other information, including:<ul style="list-style-type: none">• Educational goals• Educational needs assessment as part of comprehensive DSMES assessment• DSMES plan of care (education plan) that documents:<ul style="list-style-type: none">▪ Training provided▪ Patient learning▪ Progress toward goals |
|---|---|

What Are the Specific Accreditation Programs?

ADA Education Recognition Program

All entities that provide DSMES under the current national DSMES standards may apply for ADA recognition of their DSMES program.

To apply for recognition, request an initial meeting with the Education Recognition Program (ERP) team through the [Meet and Greet Submission Form](#). Find support resources for entities, including sample application templates, on the [ERP](#) website.

The ERP reviews the application in less than 30 days and then notifies the entity through the portal that it's approved for a 4-year recognition period or that the ERP needs more information to process the application. ERP staff provide individualized guidance and support to help the entity achieve application approval.

Find ADA-recognized DSMES programs through the [Find a Diabetes Education Program](#) website.

The ADA conducts random virtual audits for less than 5% of all recognized programs, with a maximum of 70 audits each year. Entities selected for a virtual audit are notified 12 business days before the audit. [Audit resources](#) help DSMES quality coordinators prepare for the audit and document required compliance with the DSMES standards.

ADCES Diabetes Education Accreditation Program

ADCES offers comprehensive resources, templates, and tools to help entities through the accreditation process. Access these resources on the [Diabetes Education Accreditation Program](#) (DEAP) website.

DSMT entities can apply [online](#). ADCES conducts an in-depth, comprehensive review of each application, and DEAP staff provide guidance and support to help the entity achieve accreditation. Approved programs are accredited for 4 years.

ADCES performs random virtual audits of about 5% of all accredited programs, with a minimum of 44 and a maximum of 70 audits each year. Find audit resources for entities on the [DEAP](#) website.

Find an ADCES-accredited [DSMT Diabetes Education Program](#) in your area.

What's the Oversight Process?

We created the DSMT oversight process to evaluate CMS-approved DSMT AO performance. As part of this process, we oversee CMS-approved DSMT AOs to make sure they continue to meet Medicare requirements and regulations.

Resources

- [CMS Diabetes Strategy — Impact Report 2024](#)
- [Diabetes Management: Directory of Provider Resources](#)
- [DSMT Accreditation Program](#)
- [Medicare Diabetes Prevention Program](#)
- [Medicare Program Integrity Manual, Chapter 10](#), section 10.2.4B
- [Medicare Benefit Policy Manual, Chapter 15](#), section 300
- [Medicare Claims Processing Manual, Chapter 18](#), section 120

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