



Medicare Diabetes Prevention Program (MDPP) CY 2026 Physician Fee Schedule (PFS) Updates

January 22nd, 2026

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Webinar Objective and Outline

Objective:

Describe changes, provide context, and discuss implications of the updates included in the Calendar Year (CY) 2026 Physician Fee Schedule (PFS) for MDPP

Outline:

1. [Background](#)
2. [Key MDPP Updates Introduced in the CY 2018 - 2025 PFS Final Rules](#)
3. [CY 2026 PFS Final Rule Changes to MDPP](#)
4. [How MDPP Suppliers Can Align with the CY 2026 PFS Final Rule Changes](#)
5. [Resources and Additional Information](#)

Background

The Prevalence and Cost of Diabetes

Diabetes affects many individuals, negatively impacts health outcomes, and carries high costs.

While Many are At-Risk for Diabetes, Few are Aware

1 in 2

Nearly half of adults aged 65 and older have prediabetes.¹

however...



Only one in four adults aged 65 and older with prediabetes are aware of their condition.¹

Diabetes Prevalence is High and Growing



Nearly one in three adults aged 65 and older have diabetes.¹

and...



Prevalence of diabetes is expected to increase to 21% of the adult population.²

Diabetes Burdens the System with High Costs

2.6x

Diabetes causes individuals to spend 2.6 times more on health care per year.³

\$205B

Medical care for diabetes for persons aged 65 and older cost the nation about \$205 billion in 2022. Most of this expenditure was paid by Medicare.³

The Medicare Diabetes Prevention Program (MDPP)

MDPP is a group-based preventive service offered to Medicare beneficiaries at risk of developing type 2 diabetes.



HEALTHY
EATING



PHYSICAL
ACTIVITY



WEIGHT
LOSS

- MDPP provides training and strategies for long-term healthy eating, increased physical activity, and weight loss.
- MDPP's goal is to prevent the onset of type 2 diabetes via behavioral change.

The Centers for Diseases Control and Prevention's (CDC) National Diabetes Prevention Program (DPP)

MDPP builds on the success of the CDC's National DPP. The National DPP is a structured lifestyle intervention that was tested in the Medicare population through an Innovation Center-funded DPP Model Test (Y-USA test).



Decades of Evidence

- Backed by over 20 years of evidence
- Research shows DPP can decrease the risk of type 2 diabetes in individuals with prediabetes by 58%⁴



CDC's National DPP

- Implemented nationally
- CDC established the Diabetes Prevention Recognition Program (DPRP) to set quality assurance standards for the program



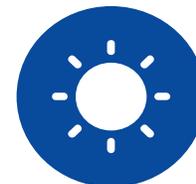
DPP Model Test (Y-USA test)

- Assessed DPP effectiveness among the Medicare population
- Showed that group-based community sessions can lead to beneficiary weight loss and Medicare savings



DPRP Recognition

- Organizations must achieve full or preliminary DPRP recognition before enrolling in Medicare as MDPP suppliers
- The [CDC DPRP Standards](#) define the criteria for recognition and were updated on June 1st, 2024
- DPRP recognition helps assure that organizations have the capacity to become MDPP suppliers



DPRP Curriculum

- MDPP suppliers utilize a CDC-approved curriculum to deliver MDPP services
- CDC-approved curricula include evidence-based topics like healthy eating and weight loss

Key MDPP Updates Introduced in the CY 2018 - CY 2025 PFS Final Rules

MDPP's Evolution to Support Supplier and Beneficiary Participation

- MDPP programmatic changes are implemented by Physician Fee Schedule (PFS) rulemaking⁵
 - The PFS outlines Medicare's payment policies and fee-for-service rates for professional providers and suppliers. It is updated annually to reflect changes in medical practice, service costs, and the value of care.
 - The proposed PFS rule is released for a 60-day public comment period. The CMS MDPP Team reviews comments specific to MDPP before the rule is finalized in the fall.
 - CMS uses the PFS process to expand access, improve participation, and align MDPP with the Center for Medicare and Medicaid Innovation (CMMI) goals such as prevention, beneficiary choice, and safe weight reporting.
- The [CY 2026 PFS Final Rule](#) is available in the Federal Register
 - This document provides information on the finalized policies, updates to payment rates, and other changes under Medicare Part B for CY 2026.

Key MDPP Updates Introduced in the CY 2018 – CY 2025 PFS Final Rules

April, 2018

MDPP becomes a Medicare Part B Covered Service

January, 2022

CY 2022 PFS Changes⁷:

- Waived supplier enrollment fees
- Reduced the service period to one year
- Restructured payments to enhance supplier participation and beneficiary access

January, 2025

CY 2025 PFS Changes⁹:

- Language updates (to better align MDPP with 2024 CDC DPRP Standards)
- Additional self-reported weight options (beneficiaries can send in two date-stamped photos)
- New CDC DPRP code for MDPP enrollment
- Removal of Bridge Payment in CY 2025 and onwards
- Billing for same-day make-up sessions

March, 2020

COVID-19 Public Health Emergency (PHE) flexibilities for MDPP begin, including virtual delivery⁶

January, 2024

CY 2024 PFS Changes⁸:

- Option to offer services In-person, via Distance Learning, or through a combination of both
- Fee-for-Service (FFS) payments for beneficiary attendance
- Performance payments for weight loss maintenance during the core maintenance period

CY 2026 PFS Final Rule Changes to MDPP

Overview of CY 2026 PFS Changes for MDPP



Online Delivery Modality Added

MDPP's new Online delivery option, added through December 31st, 2029, requires that MDPP beneficiaries participating in Online delivery do not receive other delivery modalities (i.e., In-person or Distance Learning), and requires Live Coach Interaction for billable sessions.¹⁰



In-person Capability Not Required for Virtual-Only Suppliers through 2029

Suppliers are not required to maintain in-person capability through December 31st, 2029, if they are providing MDPP services only through Online delivery.



New Self-Reported Weight Measurement Options

MDPP beneficiaries can now provide weight measurements from medical records within five days of a session or from self-reported weights taken at reasonable locations outside of an in-person site or the beneficiary's home, such as gyms, medical facilities, or temporary lodging.



COVID-19 PHE Flexibilities Extended through 2029

The Distance Learning modality and methods for self-reporting weight measurements are extended through December 31st, 2029.

New in
2026

Online Delivery Modality Added

A new Online delivery modality has been added to MDPP, providing suppliers with an additional option for furnishing services. This modality is available through 2029 and allows participants to complete the program asynchronously.

What's new:

- New HCPCS code (G9871) for Online delivery - **\$18 per session**
- Suppliers cannot combine asynchronous (i.e., Online) and synchronous (i.e., In-person or Distance Learning) delivery types for a beneficiary, so a beneficiary must attend only Online **OR** only In-person/Distance Learning sessions
 - Sessions that do not match the allowable session delivery type will be denied
- For each Online session a beneficiary attends, **Live Coach Interaction** must also be offered during the week of the session for the session to be billable

New in
2026

Live Coach Interaction

Live Coach Interaction is defined as bi-directional communication between the beneficiary and MDPP coach during the period that the beneficiary is engaging with MDPP content.

- After a beneficiary completes that week's Online session, the MDPP coach should reach out to them to begin Live Coach Interaction.
- Emails and text messages can count toward the requirement for Live Coach Interaction if there is **bi-directional communication** between the coach and beneficiary. The beneficiary must have the ability to respond to and get support from the coach.
- Chat bots and Artificial Intelligence (AI) forums **DO NOT** count as Live Coach Interaction.

Distinguishing Delivery Modalities

In-person Delivery

Refers to sessions delivered in a group-based classroom-style meeting where participants are physically present with a coach.

Distance Learning Delivery

Refers to sessions delivered via remote classroom where the coach provides live delivery of sessions in one location, and participants call-in or video-conference from other locations.

These modalities can be combined and are SYNCHRONOUS

New in 2026

Online Delivery

Refers to sessions that are delivered 100 percent through the internet via phone, tablet, or laptop in an asynchronous (non-live) classroom where participants experience the content on their own time without a live coach teaching the content.

This modality *cannot* be combined with In-person or Distance Learning and is ASYNCHRONOUS

Online Delivery of Same-Day Make-Up Sessions

- *Online* same-day make-up sessions may be furnished to beneficiaries participating in *Online* delivery¹¹
 - When claiming any same-day make-up session, whether it be In-person, via Distance Learning, or Online, suppliers must enter the Current Procedural Terminology (CPT) Modifier '76' code to distinguish that session from the regularly-scheduled session that occurred on that same day
 - In-person and Distance Learning cohorts **MAY NOT** receive Online make-up sessions, and a beneficiary attending Online sessions **MAY NOT** receive an In-person or Distance Learning make-up session

Note: MDPP suppliers may provide up to **four** Online make-up sessions during MDPP services, and no more than **two** of those Online make-up sessions may be core maintenance sessions (i.e., months 7-12).¹²

Key Differences between Synchronous and Asynchronous Deliveries of MDPP Sessions

Category	Synchronous	Asynchronous
Delivery Modalities	In-person and Distance Learning	Online
Delivery Method	Beneficiaries attend sessions live with an MDPP coach, either in person or via remote classroom	Beneficiaries complete sessions through the internet via phone, tablet, or laptop in a non-live classroom
Delivery Method Mixing	Beneficiaries can attend a mix of In-person and/or Distance Learning sessions	Beneficiaries can only attend Online sessions
Coach Interaction	Beneficiaries interact in real-time with the MDPP coach during each session	Beneficiaries complete sessions through a digital platform on their own time and then interact with an MDPP coach following each session
MDPP HCPCS G-codes for Attendance	In-person sessions use G9886 (\$27) / Distance Learning sessions use G9887 (\$27)	Online sessions use G9871 (\$18)

New in
2026

Updated Payment Rates for MDPP Services

The payment rates for G9880, G9881, G9886, and G9887 have been increased to account for inflation. G9871 was introduced for Online session payments.

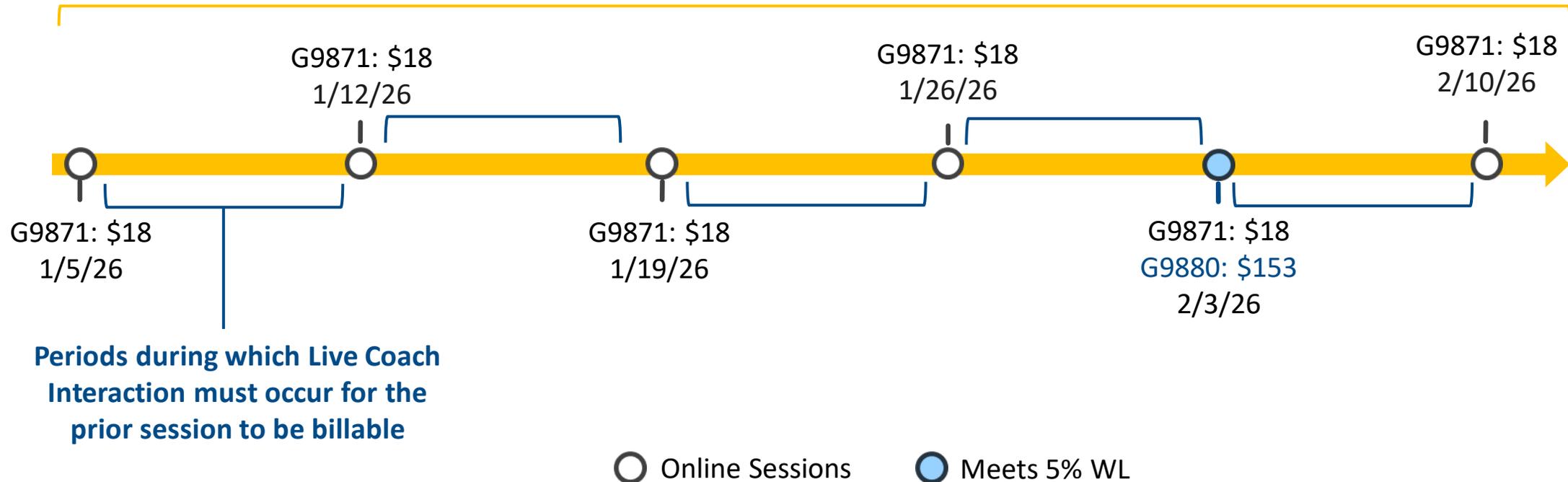
	CORE SESSIONS MONTHS 1-6 (MAX 16 SESSIONS)	CORE MAINTENANCE SESSIONS MONTHS 7-12 (MAX 6 SESSIONS)
Fee-For-Service Payments	G9886 (\$27): MDPP participant attended an In-person session for 60 minutes	
	G9887 (\$27): MDPP participant attended a Distance Learning session for 60 minutes	
	G9871 (\$18): MDPP participant attended an Online session for 60 minutes	
Performance Payments	G9880 (\$153): MDPP participant achieved 5% weight loss from baseline weight	
	G9881 (\$27): MDPP participant achieved 9% weight loss from baseline weight	
		G9888 (\$8): MDPP beneficiary maintained 5 percent weight loss from baseline weight in months 7-12

Note: The G-codes presented in this table are based on the CY 2026 PFS and are relevant for claims with dates of service starting January 1, 2026.¹³

Online Delivery Modality Billing Use Case

Maria attends six MDPP Online sessions, one every week, at the start of her MDPP core services period. She meets the 5% weight-loss (WL) achievement threshold on 2/3/2026. During the week following every Online session that Maria completes, an MDPP coach from Maria's MDPP supplier must initiate Live Coach Interaction with Maria and Maria must have the ability to respond to and get support from the Live Coach in order for the session to be billable.

Core Sessions



New in
2026

In-person Capability Not Required for Suppliers not providing In-person Services through December 31, 2029

Suppliers are not required to maintain In-person delivery capability through December 31, 2029, if they are providing MDPP services only through Distance Learning and/or the new Online delivery modality.

- This policy allows for Distance Learning and Online-only organizations to enroll in Medicare as MDPP suppliers and streamlines the process to allow for Online delivery of MDPP services.
- The policy reduces operational burdens on suppliers while ensuring continued beneficiary access to MDPP through a variety of delivery modalities, including Online delivery.
- Suppliers offering MDPP services In-person must maintain In-person capability.

New in
2026

New Self-Reported Weight Measurement Options for Distance Learning or Online Delivery

Existing Options

(prior to January 1, 2026)

- MDPP coach conducts weight measurement in-person or as part of a live video with the beneficiary in their home
- Beneficiaries may self-report weight measurements by submitting a video recording, transmitted digital-scale data, one or two date-stamped photos of their weight and with the beneficiary visible in their home

Additional Options

(beginning January 1, 2026)

- Beneficiaries may self-report weight from their medical record within **FIVE** days of completing an MDPP session
- Beneficiaries may self-report weight from a reasonable location away from home or outside of an in-person delivery site, including fitness centers, medical facilities, and temporary abodes

New in
2026

COVID-19 PHE Flexibilities Extended through 2029

COVID-19 PHE Flexibilities are now extended through December 31st, 2029

These flexibilities include:

- Multiple acceptable self-reporting weight measurement verifications – including live video, video recordings, transmitted digital-scale data, or date-stamped photos with the beneficiary visible
- Distance Learning sessions, provided they are furnished in a manner that is consistent with the CDC DPRP standards

These changes remove access barriers for beneficiaries and provide suppliers with more delivery options in response to comments regarding the increasing demand for virtual participation options

Note: Distance Learning delivery of the MDPP set of services is not considered “telehealth”

How MDPP Suppliers Can Align with the CY 2026 PFS Final Rule Changes

How MDPP Suppliers Can Align with the CY 2026 PFS Changes

- Inform eligible beneficiaries interested in the program of recent changes to the delivery modalities, specifically the availability of the new Online delivery modality
- Notify MDPP beneficiaries who may have difficulty self-reporting their weight for Distance Learning or Online sessions about the new weight measurement options



Resources and Additional Information

Helpful Resources



If you have any questions or feedback to share, please visit the [MDPP Supplier Support Center](#)



Want more information on the 2026 PFS Changes?

Head to the [CY 2026 PFS Final Rule](#) and the [CY 2026 PFS Final Rule Fact Sheet](#)



Want to find out more about the 2024 CDC DPRP Standards?

Head to [CDC DPRP Standards](#) and the [National DPP Customer Service Center](#)



Want to access more supplier support resources?

Head to the [MDPP website](#)



Want to see answers to common questions about MDPP?

Head to the [MDPP FAQs](#)



Want more information on upcoming learning activities for MDPP?

Head to the [MDPP Calendar of Learning Activities](#)



Other ways to stay updated

Sign up for our [listserv](#)

Save the Date!
CMS will host the Second MDPP Supplier Summit in **Spring 2026**, details to follow.

Questions?

Please contact the CMS MDPP Team with any further questions at <https://cmmi.my.site.com/mdpp/>