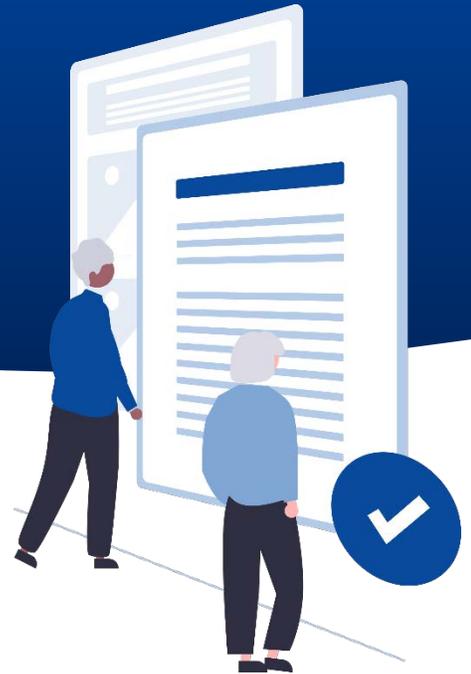


The MDPP Bulletin

December 2025, Volume 2, Issue 3



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

Medicare Advantage (MA) and MDPP Webinar

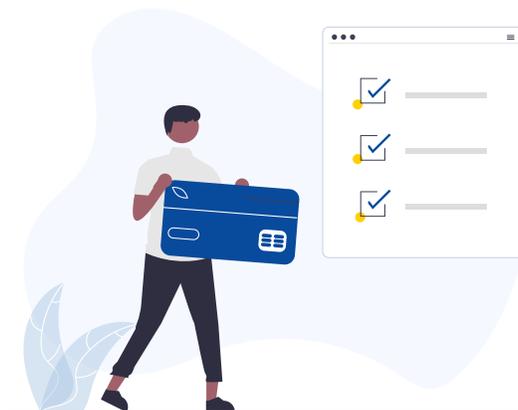
*The CMS MDPP Team provided the Medicare Advantage (MA) and MDPP Webinar for the MDPP community on **September 25, 2025**. The webinar focused on how MA operates within the context of MDPP, covering essential topics including enrollment procedures for beneficiaries with MA plans, processes for appealing denied claims, and key MA resources available to MDPP suppliers. Post-webinar feedback was extremely positive, with 90% of respondents rating the session as either very useful (58%) or useful (32%). The webinar materials, including the slide deck and recording, will be made available on the MDPP website for continued reference.*



Program Announcements and Resources

MDPP Website Refresh

The CMS MDPP Team is excited to announce a refresh of the MDPP website structure. As part of this update, we've streamlined access to resources and materials by consolidating key supplier billing, payment, and enrollment information on our dedicated [MDPP Supplier Resources Page](#). Whether you're looking for program details on our refreshed [MDPP Home Page](#), or want to help beneficiaries locate services through our [Find a Supplier](#) map, navigating the MDPP website is now more organized and user-friendly. This website refresh gives MDPP suppliers faster, easier access to the resources that support diabetes prevention for Medicare beneficiaries.



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

In the [Calendar Year \(CY\) 2026 Physician Fee Schedule \(PFS\) Final Rule](#), CMS finalized several changes to MDPP which are aimed toward increasing participation and access, empowering beneficiaries, and promoting further alignment between MDPP and the [CDC DPRP Standards](#). Specifically, CMS finalized the following changes to the MDPP expanded model policies:

1. **Updating weight collection requirements** to allow beneficiaries to self-report weight for MDPP sessions from home or a reasonable location outside of an in-person delivery site (e.g., fitness centers, medical facilities, and temporary abodes) and allowing for the submission of weight collected as part of a medical record, dated within five days of a scheduled MDPP session, to reduce burden, promote safety, and increase access.
2. **Extending the flexibilities allowed during the PHE for COVID-19 through December 31, 2029**, including the option for MDPP suppliers to deliver some or all MDPP sessions via distance learning and for beneficiaries to virtually self-report weight for MDPP distance learning sessions.
3. **Testing the additional coverage of asynchronous, online delivery of MDPP through December 31, 2029**, in hopes of further increasing program participation among suppliers and beneficiaries and promoting alignment between MDPP and [CDC's DPRP Standards](#). CMS is adding the online delivery modality through December 31, 2029, to test if evaluation results, including weight loss, are similar to in-person and distance learning delivery modalities.
4. **Clarifying that MDPP suppliers are not required to maintain in-person delivery capability through December 31, 2029**, to facilitate the ability of MDPP suppliers to deliver the program asynchronously. This will allow for virtual-only organizations to enroll in Medicare as an MDPP supplier and streamline the process to allow for greater asynchronous delivery.

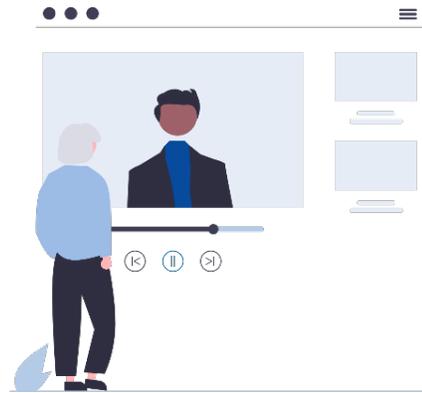


MDPP Inactivity Reminder

Suppliers should be aware that failure to submit MDPP claims for a period of 12 consecutive months may lead to supplier deactivation from CMS payment systems due to inactivity. If you are approaching this threshold, please make every effort to submit outstanding claims and seek technical assistance as needed through the [MDPP Supplier Support Center](#).

MDPP and Telehealth

The CMS MDPP Team has received several inquiries through [the MDPP Supplier Support Center](#) regarding [Medicare telehealth policies](#) and whether suppliers may continue to offer MDPP through distance learning after September 30, 2025. CMS stated in the [CY 2017 PFS Final Rule](#) that the Set of MDPP services delivered via a telecommunications system, or other remote technologies do not qualify as telehealth services. MDPP suppliers can offer MDPP in person, via distance learning, or a combination of both at this time, and may offer online starting in 2026.



MDPP Supplier Support Center

To ensure that all suppliers receive consistent, accurate, and timely support, the CMS MDPP Team has established the [MDPP Supplier Support Center](#) as the primary channel for all program-related inquiries. This center allows the CMS MDPP Team to:

- Track and prioritize requests effectively
- Provide comprehensive responses with proper documentation
- Ensure all suppliers have equal access to support resources

Please direct program-related inquiries to the MDPP Supplier Support Center, and a team member will respond to your message as soon as possible. Additionally, please visit the [MDPP Frequently Asked Questions](#) page for responses to common questions about MDPP.

MDPP Medicare Advantage (MA) Issue Reporting

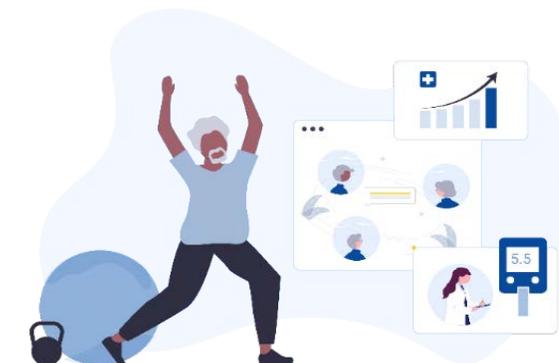
Questions about MDPP payment policy, Medicare Advantage billing processes, claim determinations, and appeals may be submitted to the [MDPP Supplier Support Center](#). Before submitting a question or reporting an issue related to MA, it's important to be prepared with specific information to help the MDPP Supplier Support Center respond quickly and accurately. This includes:

- The type of issue, such as repeated or intermittent denials for a specific reason—like ‘prior authorization required’ or ‘non-recognized provider.’
- Relevant dates, including dates of service, claim submission dates, and any appeal timelines.
- The exact denial language from the Remittance Advice or other notice, including any plan clarifications if applicable.
- The plan name(s) and location(s), such as city and state, to ensure the Supplier Support Center can identify the correct plan and procedures.

Note: MDPP suppliers should not send original documents to the MDPP Supplier Support Center unless given specific instructions to do so. Claims may include PHI/PII which can be redacted if needed and requested.

MDPP Crosswalk Reminder

MDPP suppliers are required to maintain a crosswalk file, which lists MDPP crosswalk data, including beneficiary identifiers used for the Centers for Disease Control and Prevention (CDC) Diabetes Prevention Recognition Program (DPRP) performance data submissions and the corresponding Medicare identifiers for each beneficiary who receives MDPP services. This requirement is essential for the evaluation of the MDPP expanded model.



Once an MDPP supplier has furnished services for six months, the MDPP supplier must submit a crosswalk file at each of the quarterly due dates: January 15, April 15, July 15, and October 15. One crosswalk file should be submitted per MDPP supplier enrollment. A given enrollment may encompass multiple CDC organizational codes, administrative locations, or community settings, depending on the way the organization has chosen to structure its MDPP enrollment.

The crosswalk must be submitted through a standard online data submission system. To gain access to the submission system, each MDPP supplier must register by completing the [MDPP Supplier Crosswalk Registration Form](#). After registration is complete, login information will be sent to your organization within 2-4 business days along with instructions on how to complete your crosswalk file in the data system.

The CMS MDPP Team requests that all MDPP suppliers prioritize submitting their crosswalk data to the system to ensure comprehensive program evaluation and accurate reporting. Crosswalk data is essential as it allows us to connect beneficiary information with important health outcomes data from the CDC, including weight changes, demographics, and attendance records. If your organization has not yet registered with the system or submitted crosswalk data, we strongly encourage you to do so. This will ensure that beneficiaries participating in your MDPP offerings are properly represented in our program evaluations and help us maintain accurate reporting on the program's effectiveness. For assistance with crosswalk data submission or registration, please contact RTIsuppliercrosswalkhelp@RTI.org.

Crosswalk Resources:

- [MDPP Recordkeeping and Crosswalk Guidance](#)
- [Crosswalk Data Timelines](#)
- [MDPP Crosswalk Webinar Slides](#)
- [MDPP Frequently Asked Questions – Crosswalk File Submission](#)
- [§ 424.205 \(c\)\(13\), Requirements for Medicare Diabetes Prevention Program Suppliers](#)

MDPP Supplier Success Stories

Each issue of the MDPP Bulletin features a MDPP supplier who has experienced success implementing and administering MDPP. This month, we're thrilled to introduce [Trinity Health](#), a not-for-profit Catholic health system based in Michigan. Special thanks to Ashley Burks, Cindy Crabill, and Parul Tyagi from Trinity Health for sharing your story with the MDPP community.



Trinity Health at-A-Glance

- MDPP supplier since 2022
- Recipient of CDC 2320 Grant
- 37 Active MDPP cohorts
- Employs 34 lifestyle coaches at MDPP supplier organizations

Trinity Health is one of the largest Catholic health care systems in the nation, covering 25 states, with nearly 9,000 medical group physicians and 30,000 affiliated physicians. A leader in value-based care delivery models, Trinity Health became an MDPP supplier in 2022. The organization is also a recipient of CDC’s 2320 grant (Component C), a 5-year cooperative agreement that seeks to prevent or delay onset of type 2 diabetes among adults with prediabetes. The agreement emphasizes the importance of multi-sector partnerships, which Trinity Health has focused on over the last few years. Trinity Health has 5 MDPP suppliers in their delivery network:

- Holy Cross Health
 - *Silver Spring, MD*
- Trinity Health New York
 - *St. Peters Health Partners Albany, NY; and*
 - *St. Joseph’s Health Hospital Syracuse, NY*
- YMCA Muskegon
 - *Muskegon, MI*
- Saint Joseph Regional Medical Center
 - *Indiana*
- Trinity Health of Michigan
 - *Southeast Michigan*

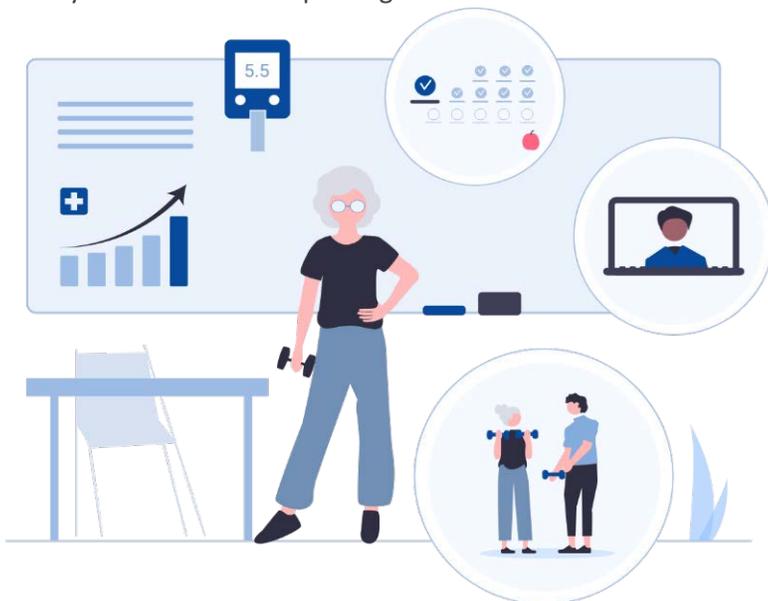
As of October 2025, there are 37 active MDPP cohorts and 34 coaches at MDPP delivery sites (four of which are full-time) across Trinity Health’s delivery network. The suppliers within the delivery network average at least two cohorts per coach each year, and the typical cohort size is 10 or more participants. Suppliers deliver MDPP in-person and through distance learning at this time.

Delivery Network Community Outreach

Trinity Health uses four main outreach methods to recruit beneficiaries for MDPP, including payer relationships, patient registries, point of care referrals, and community events. Trinity Health establishes and maintains payer partnerships through contract arrangements to increase enrollment for MDPP. By partnering with payers, Trinity Health expands reach, markets to broader populations, and strategically ensures that they are reaching eligible beneficiaries to help create a sustainable program. Payer partners engage beneficiaries by incorporating joint marketing strategies and encouraging payer provider engagement.

Trinity Health has been updating to one instance of an Electronic Health Record (EHR) system-wide over the past

five years and has the ability to use inclusion and exclusion criteria to create a patient registry of adults who meet the criteria for participation into MDPP. Trinity Health sends marketing communications to eligible patients through a national campaign called “Cheers.” This campaign encourages patients who have prediabetes throughout the entire health system to enroll in an evidence-based lifestyle change program to prevent or delay the onset of type 2 diabetes in eligible adults. Beginning in 2024, this campaign recurs every month for three years. Each month, a new target population meeting the campaign criteria is determined and informed about the intervention. A patient is eligible for inclusion



in the “Cheers” campaign once every 365 days. Patients in this campaign are notified in their method of preference (email, text or patient portal) of the opportunity to participate in MDPP. In addition, Trinity Health’s MDPP delivery organizations can conduct focused outreach within individual clinics. The communication (physical letters) goes to eligible patients based on the parameters and inclusion and exclusion criteria for eligibility, encouraging MDPP enrollment. The marketing communication in both campaigns is signed by the patient’s physician and the call to action is to reach out to Trinity Health’s MDPP delivery organizations for more information and to enroll. The campaign is in English and Spanish.

Finally, Trinity Health physicians can make a direct referral into Trinity Health’s National Diabetes Prevention Program (NDPP) or Medicare Diabetes Prevention Program offerings by utilizing the built infrastructure in Trinity Health’s EHR. Trinity Health participates in community outreach to increase enrollment into MDPP. This might include purchasing a booth at a community event or speaking to community members at senior centers or places of worship.

Tips for Success

The organization shared tips for year-round retention and success. For Trinity Health, effective personal check-ins from lifestyle coaches have allowed participants to stay engaged before and after MDPP sessions. Flexible class scheduling, multiple session reminders, and digestible session summaries have also allowed patients to stay connected. Additionally, using relatable examples for participant ages has increased participant engagement. Trinity Health has also tried to incorporate guest speakers, and interactive sessions in their MDPP sessions, like grocery store tours, physical activity demonstrations, and cooking demonstrations. The organization also values celebrating participant milestones like weight loss with certificates.

Additional tips for success include pairing MDPP participants as buddies, to serve as “accountability partners” who encourage each other throughout the program. Addressing participation barriers earlier and normalizing setbacks is also prioritized. Finally, encouraging social connection between participants helps them stay connected. These connections can look like establishment of walking groups and optional coach “office hours.”

Trinity Health recommends that other MDPP suppliers engage closely with provider networks as they are often the front line of care for patients and have built trust to encourage their patients to engage in programs such as MDPP to improve their health. In addition, Trinity Health recommends that suppliers implement a claims system that supports reimbursement encompassing all lines of business. Lastly, Trinity Health recommends that suppliers should work with all stakeholders to create and implement a strong and strategic marketing and engagement plan. These marketing plans should include campaigns, provider and member engagement, and community outreach all while offering a variety of in-person and distance learning opportunities for interested beneficiaries to inquire.

An ongoing challenge that Trinity Health has experienced as a delivery network revolves around reimbursement, billing, and coverage. By creating a team of individuals who are well versed in billing, Trinity Health is trying to tackle these challenges. They also focus on constant communication with payers to ensure mutual understanding of referral pathways and program availability for MDPP beneficiaries. By constantly monitoring claims outcomes, they are working towards a sustainable program.

Trinity Health shared testimonials from each subsidiary within their delivery network on how MDPP made positive changes in a patient's life:

- “Over the past year, I’ve learned how to make healthier food choices, stay active, and take better care of myself. I’m proud to say my A1C is no longer in the prediabetes range, I’ve stopped drinking sugary drinks and eating white carbs, and now I go to the gym every other day and walk almost every day. I’m grateful for the progress I’ve made and the tools I now have.” **Holy Cross Health Participant**
- “At first, I found it tedious to log activity and food each day. However, it became easier when I got into a routine, and it became enjoyable to review each day and see the progress from one day to the next.” **Trinity Health New York Participant**
- “Inspiring. The program allowed me to believe that my goals are real and reachable, and while I may not have hit them as quickly as I wanted, I still can and will if I keep at it.” **YMCA Muskegon Participant**
- Our 1st MDPP cohort hit the 6-month mark in September, average weight loss for the group is 8.62% (approx. 20lbs) and average activity for our group is about 221 minutes a week! A participant recently received their pre-op test results and the A1C dropped from 5.8 to 5.6 and glucose was at 114. The nurse commented “prediabetes is under control.” **Saint Joseph Regional Medical Center**
- “My weight loss came by following the program’s directives — no medications. I did it the old-fashioned way! It made me feel good when the class congratulated me on my weight loss and encouraged me to keep going, I look forward to coming to the group class.” **Trinity Health of Michigan Participant**



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!