



Removal of the MDPP Once-Per-Lifetime Limit on Beneficiary Participation and MDPP Updates

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Disclaimer

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Presentation Outline

1. [Webinar Objectives](#)
2. [What is MDPP and Why Get Involved?](#)
3. [Rules for MDPP Service Delivery](#)
4. [Removal of the Once-Per-Lifetime Benefit Limitation](#)
5. [Resources and Additional Information](#)

Primary Objectives of Today's Webinar

- Explain the removal of the once-per-lifetime benefit limitation for MDPP
- Highlight rules and considerations for MDPP service delivery

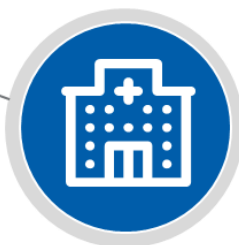
What is MDPP and Why Get Involved?

MDPP Beneficiary Eligibility Requirements

MDPP is available to Medicare beneficiaries with an indication of prediabetes.

Medicare Coverage

Participants must have Part B coverage through Medicare Fee-for-Service (FFS) or Medicare Advantage (MA)



Blood Tests and Body Mass Index (BMI)

Participants must present one of three blood tests indicating prediabetes and BMI of at least 25 (or 23 if self-identified as Asian)



Here's a Tip!

You can verify beneficiaries' Medicare enrollment through your MAC's website



Other Medical History

Participants must not have:

- Previous diagnosis of diabetes or end-stage renal disease (ESRD)

Did You Know?

As part of Medicare Preventive Services, Medicare covers the Fasting Plasma Glucose test and Oral Glucose Tolerance test. As of January 1, 2024, the HbA1c test is also covered as part of the diabetes screening benefit.

MDPP Overview: Sessions Covered by Medicare

MDPP services are:

- Furnished to eligible beneficiaries as a benefit covered by Medicare
- Delivered In-person, via Distance Learning, through a combination of In-person and Distance Learning, or via Online delivery
- Furnished by qualified coaches on behalf of MDPP suppliers
- Provided per MDPP service period (16 core sessions followed by 6 core maintenance sessions)

MDPP suppliers receive:

- Payments based on beneficiary session attendance
- Performance-based payments when beneficiaries reach weight-loss milestones



There are no out-of-pocket costs to participate in MDPP for beneficiaries enrolled in Fee-for-Service Medicare

Rules for MDPP Service Delivery

Online Delivery Modality

The new MDPP Online delivery modality was introduced as an additional option for furnishing services from January 1st, 2026 through December 31st, 2029

- Suppliers cannot combine asynchronous (i.e., Online) and synchronous (i.e., In-person or Distance Learning) delivery types for a beneficiary within a 12-month period, so a beneficiary must attend only Online **OR** only In-person/Distance Learning sessions within the same 12-month period¹
 - 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 billable²
 - 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.

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.

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.

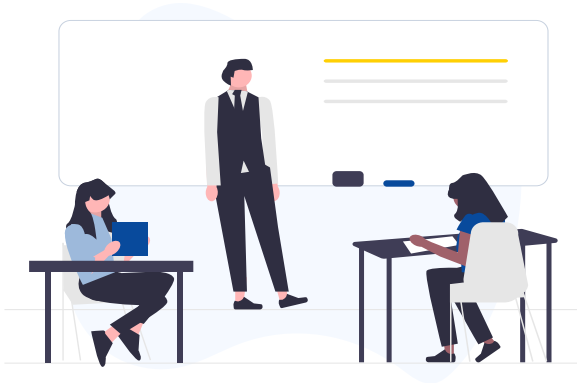
These modalities can be combined and are SYNCHRONOUS

MDPP HCPCS G-codes for Attendance - In-person sessions use G9886 (\$27) / Distance Learning sessions use G9887 (\$27)

This modality *cannot* be combined with In-person or Distance Learning during the same 12-month period, and is ASYNCHRONOUS

MDPP HCPCS G-codes for Attendance - Online sessions use G9871 (\$18)

MDPP Service Delivery



- Services include six months of weekly core sessions followed by six months of monthly maintenance sessions (22 sessions per MDPP service period)
- Each session may be offered In-person, through Distance Learning, through a combination of In-person and Distance Learning, or Online
- All MDPP sessions follow a CDC-approved curriculum and are delivered in alignment with [CDC DPRP Standards](#)
- Group sessions may include non-Medicare participants, though only eligible Medicare beneficiaries are covered by Medicare
- Weight measurements must be recorded during each session and can be taken either in person or via an acceptable virtual alternative method (e.g., time-stamped photos or video weigh-ins)³
- Make-up sessions can be offered to any beneficiary who misses a regularly scheduled session. **Suppliers are allowed to schedule make-up sessions on the same-day as a regularly scheduled session, but must append the Current Practical Terminology (CPT) modifier code '76' to the claim to avoid rejections or denials by the MACs.**⁴

Removal of the Once-Per-Lifetime MDPP Benefit Limitation

Pre-2026 Policy: Once-Per-Lifetime MDPP Benefit

Prior to January 1st, 2026, Medicare covered a single round of 22 sessions for MDPP services

- Beneficiaries were limited to **one lifetime enrollment** in MDPP, with no option to re-enroll after completion. This restriction limited access for individuals who may benefit from additional support over time.
- Previously, limited flexibility to retake or restart the program was allowed for beneficiaries whose participation was interrupted during the COVID-19 Public Health Emergency (PHE)
- During the COVID-19 PHE, CMS introduced flexibilities to support continuity of MDPP services when In-person sessions were disrupted⁵

Removal of the Once-Per-Lifetime Restriction for MDPP

The Consolidated Appropriations Act, 2026 (H.R. 7148), signed into law on February 3rd, 2026, eliminated the MDPP “once-per-lifetime” participation limit

- Effective January 1st, 2026 through December 31st, 2029, Medicare beneficiaries that have completed the program may re-enroll in MDPP
- This change was enacted through legislation - *not the Physician Fee Schedule rulemaking* - and can be found in [**Division J, Title II, Section 6214 \(pp. 482–483\)**](#) of the law⁶
- The goal of this change is to expand access for beneficiaries who did not complete MDPP or achieve outcomes previously, or who wish to maintain and improve upon prior outcomes
- Applies to beneficiaries enrolled in [**Original Medicare**](#) (Fee-for-Service) and [**Medicare Advantage**](#), and [**that still meet the MDPP eligibility criteria**](#)

Supplier Guidance for Beneficiaries Restarting MDPP

Beneficiaries must wait for their latest 12-month service period to conclude before restarting MDPP (a beneficiary's service period begins from their 1st attended MDPP session). Only 22 sessions and one delivery type – synchronous or asynchronous – is permitted per service period.

Under the Consolidated Appropriations Act:⁷

Beneficiaries may restart MDPP

Under the 2026 PFS Final Rule:⁸

Beneficiaries **MUST** wait for their 12-month service period to conclude before restarting MDPP



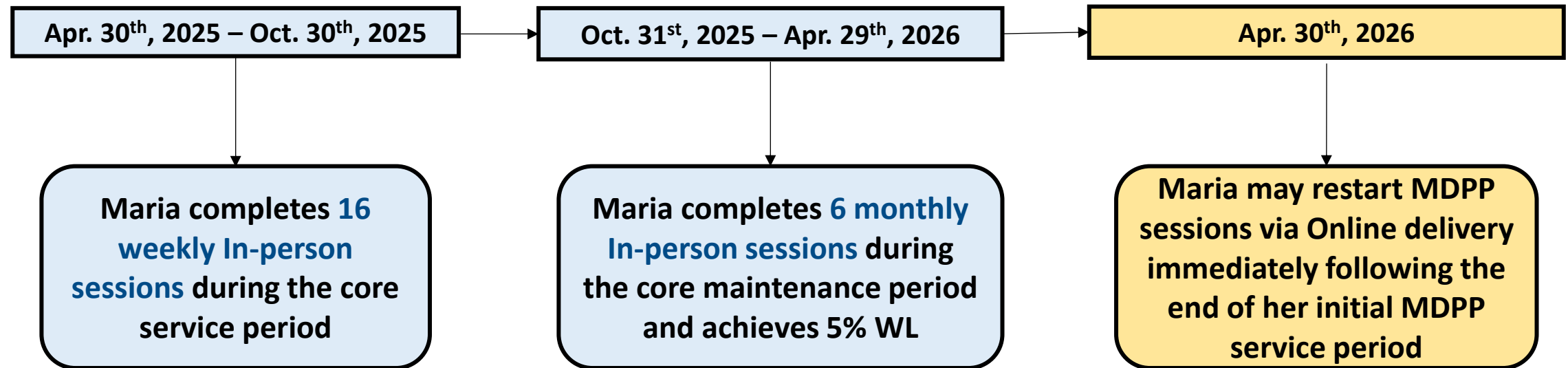
Please remember to verify beneficiary coverage prior to rendering services, see the [MDPP Verify Medicare Coverage Guide](#) for information



There are currently no additional billing requirements for suppliers to indicate session restarts

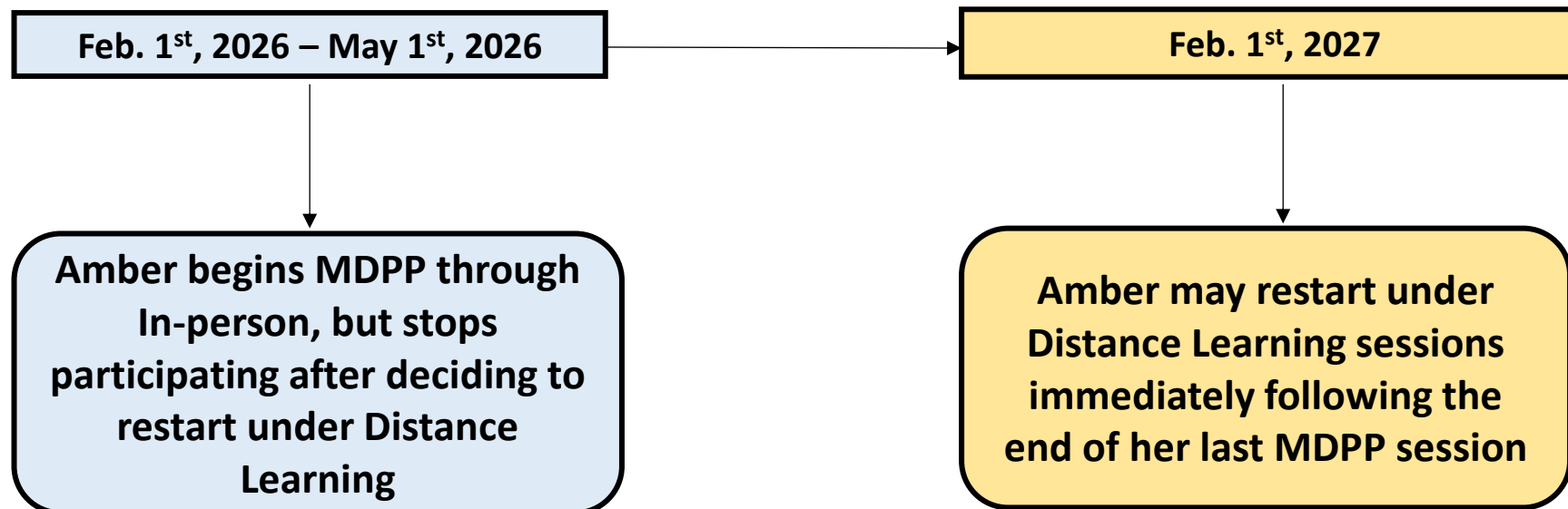
Use Case #1 – Retaking MDPP with Online Delivery after Completing In-person Delivery

Maria began MDPP on April 30, 2025 and completed all 22 MDPP In-person (synchronous) sessions on April 1, 2026. She achieved the 5% weight-loss threshold during the first month of the core maintenance phase, but has since begun regaining weight. She now wishes to restart MDPP through the Online delivery (asynchronous) option. However, since beneficiaries cannot restart MDPP until their service period is concluded, the earliest Maria can re-enroll in MDPP Online is April 30, 2026. [Maria must still remain eligible for MDPP to restart the program.](#)



Use Case #2 – Restarting MDPP with Distance Learning Delivery after In-person Delivery

Amber began MDPP through In-person (synchronous) sessions on February 1, 2026. Three months into the core service period, her work schedule changes, making it difficult to continue attending sessions onsite. Her supplier does not offer other delivery options, so she decides to restart MDPP with another supplier that offers Distance Learning (synchronous) so she can receive sessions remotely in live, instructor-led sessions. Although In-person delivery and Distance Learning are both synchronous delivery methods, **Amber may not restart MDPP through Distance Learning immediately**. The earliest she may begin taking MDPP services through Distance Learning is February 1, 2027, **provided she remains eligible for the program**.



Key Takeaways for Beneficiaries Restarting MDPP

- »» Beneficiaries can retake MDPP any number of times as long as they still meet the MDPP eligibility requirements
- »» Beneficiaries can only restart the program once their last 12-month MDPP service period has concluded
- »» Within a 12-month MDPP service period, beneficiaries must attend sessions either via synchronous or asynchronous delivery types, but not both

Resources and Additional Information

NEW! The MDPP Journey Map

Medicare Diabetes Prevention Program (MDPP) Journey Map



The **Medicare Diabetes Prevention Program (MDPP) Expanded Model** is a **lifestyle change program for eligible patients diagnosed with prediabetes**.^{*} Delivered in-person or virtually, MDPP supports weight loss and healthy habits to prevent diabetes. Patients who are ages 65+ qualify based on Body Mass Index (BMI) and prediabetes risk factors.

Key 2026 MDPP Features



In 2026, MDPP will provide flexible ways to join and new tools to help patients prevent diabetes and stay healthy.

- Patients can take **all MDPP classes online** through 2029—no in-person attendance needed.
- Live classes are offered **In Person or by Distance Learning**, while **self-paced classes are Online**. Patients can combine In-Person and Distance Learning classes, but Online classes must be taken separately.
- Online classes are available anytime, so patients can join when it works best for them.

	Discovery	Enrollment	Patient Participation	Long-Term Success
Provider Guidance	<ul style="list-style-type: none"> ✓ Provider identifies prediabetic patients ✓ Provider reviews patient labs during health appointment ✓ Provider asks if the patient is ready to make lifestyle changes ✓ Provider explains how the patient can participate in MDPP 	<ul style="list-style-type: none"> ✓ Provider helps patient confirm that all program costs are covered by Medicare ✓ Provider talks with patient about which type of program option is best ✓ Provider helps patient find a MDPP supplier that fits their needs 	<ul style="list-style-type: none"> ✓ Provider may monitor outcomes that are tracked by MDPP suppliers ✓ Provider checks in during patient visits to understand how the program is helping ✓ Patients can track their weight by sending a photo or by using weight records from their medical files 	Provider Results <ul style="list-style-type: none"> • Coordinate care with other providers, lifestyle coaches, and partners to improve patients' clinical metrics • Reduce the number of patients who develop Type 2 diabetes • Monitor patient weight to improve patient outcomes
Patient Experience	<p>"I'm a social person and I enjoy group dynamics."</p> <p>"I can participate from home but still have real-time live support."</p> <p>"This self-paced format is exactly what I need with my busy schedule."</p>	<p>Visit facility to meet staff in person</p> <p>Attend a video orientation session</p> <p>Register online and access platform to explore modules</p>	<p>Face-to-face weekly group sessions in a community setting</p> <p>Weekly live video conferences</p> <p>Weekly, self-paced digital modules accessible 24/7 from anywhere with internet</p>	Patient Results <ul style="list-style-type: none"> • Lose weight • Lower risk or delay getting Type 2 diabetes • Maintain healthier blood sugar levels • Keep up new healthy habits • Motivate family members to prevent diabetes



Need more information? Visit the [MDPP webpage](#).

^{*}MDPP has no copay for individuals covered by Original Medicare, or for Medicare Advantage (MA) beneficiaries who use in-network providers. However, out-of-network use may involve cost-sharing. Beneficiaries should check directly with their plan to confirm coverage and any potential costs.

What is covered in the MDPP Journey Map?

- The full MDPP journey for providers and their patients
- Provider actions and patient experience at each stage
- 2026 updates, including removal of the once-per-lifetime participation limit
- Key MDPP outcomes such as weight loss, reduced diabetes risk, and sustained healthy habits

Who is it for?

Providers, MDPP suppliers and Medicare beneficiaries

Where can I find the MDPP Journey Map?

Go to:

<https://www.cms.gov/priorities/innovation/files/mdpp-journey-map.pdf>

NEW! Weight Documentation Guidance for MDPP

Use the MDPP Weight Documentation Guidance to learn more about the options for collecting beneficiary weights for each session

Weight Documentation for the Medicare Diabetes Prevention Program (MDPP)

 **Weight Documentation Requirements**

Accurate weight documentation is a core requirement of the Medicare Diabetes Prevention Program. MDPP suppliers must collect beneficiary body weight measurements at each MDPP session to document baseline weight and achievement of any weight loss performance goals. Specifically, under [42 CFR § 410.79](#), MDPP suppliers must collect and maintain weight measurements to substantiate claims for G-codes tied to program milestones, including baseline weight and achievement of 5% and 9% weight loss.

MDPP suppliers have multiple options for obtaining beneficiary weight measurements for baseline weight and performance-based weight loss achievement goals. Beneficiaries can submit their weight to an MDPP supplier using any of the following methods:

Weight Measurement Options	Option Details
Option 1: In-Person Measurement	Beneficiary weight is obtained in person by an MDPP supplier during an MDPP session.
Option 2: Digital Scale with Wireless Transmission	Weight is automatically transmitted from a beneficiary's digital scale that sends measurements securely via wireless or cellular technology directly to the MDPP supplier.
Option 3: Live Video Weigh-In	The beneficiary weighs themselves during a live, synchronous video session (such as video chatting or video conferencing) where the MDPP Coach: <ul style="list-style-type: none">• Observes the beneficiary weighing themselves in real-time• Views the weight displayed on the digital scale
Option 4: One Date-Stamped Photo	The beneficiary submits one date-stamped photo to the MDPP supplier that shows the beneficiary's weight on the digital scale and shows the beneficiary visible. The photo must be date-stamped and associated with the billable MDPP session date.
Option 5: Two Date-Stamped Photos	The beneficiary submits two date-stamped photos to the MDPP supplier: <ul style="list-style-type: none">• Photo 1: Shows the beneficiary's weight on the digital scale• Photo 2: Shows the beneficiary visible Both photos must be date-stamped and associated with the billable MDPP session date.


CENTERS FOR MEDICARE & MEDICAID SERVICES

What is covered in the MDPP Weight Documentation Guidance?

Options for collecting beneficiary weight measurements, either in-person or through various forms of beneficiary self-submission

Who is it for?

All MDPP beneficiaries and suppliers

Where can I find the MDPP Weight Documentation Guidance?

Go to: <https://www.cms.gov/priorities/innovation/files/mdpp-weight-doc-req.pdf>

Helpful Resources



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



Want more information on the Removal of the Once-Per-Lifetime Benefit Limit?

Head to [The Consolidated Appropriations Act, 2026 \(H.R. 7148\)](#)



Want to see answers to common questions about MDPP?

Head to the [MDPP FAQs](#)



Want to access supplier support resources?

Visit the [MDPP website](#)



Want to access a complete list of existing MDPP suppliers?

Visit the [current list of MDPP suppliers](#)



Want to revisit the 2026 MDPP Supplier Summit?

Browse the [MDPP Virtual Supplier Summit](#) resources



Other ways to stay updated

Sign up for our [listserv](#)

Reminder!

MDPP Suppliers should update their point of contact (POC) information in PECOS on an ongoing basis, as applicable and update their coaches' NPIs on their provider roster prior to services being rendered.

2026 MDPP Supplier Summit Follow-Up

- For those who submitted enrollment pledges following attendance of the April Supplier Summit, CMMI has been conducting outreach via the MDPP inbox for focused technical outreach and collaborative efforts
- Platinum, Diamond, and Gold Club recognition emails have been sent; Gold and Diamond club meetings were held the week of August 24
 - Platinum Club members pledged at least 100 MDPP beneficiaries in 2026
 - Diamond Club members pledged 50-99 MDPP beneficiaries in 2026
 - Gold Club members pledged 0-49 MDPP beneficiaries in 2026
- More 1:1 TA is being provided so that claims can be processed in a timely manner
(**Reminder: there is a risk of becoming inactive in the claims payment system if no claims are submitted within 12 months**)

MDPP Outreach & Marketing Fall 2026

- CMMI is working with the CMS Office of Communications on implementing a paid media campaign to effectively reach and engage our target audience to promote MDPP and drive increased enrollment numbers in the program
- The campaign will launch this month and aims to educate beneficiaries about MDPP, as well as drive beneficiaries to CMS webpages so that they can enroll in the program

Questions?

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