

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.

Weight Measurement Options	Option Details
Option 6: Video Recording	<p>The beneficiary submits one video recording to the MDPP supplier that shows:</p> <ul style="list-style-type: none"> • The beneficiary visible on the scale • The weight clearly displayed on the digital scale • Date associated with the billable MDPP session
Option 7: Medical Record	<p>Beneficiary weight measurement collected as part of a medical record can be submitted if the weight is dated within five (5) days of the scheduled MDPP session.</p>

New in 2026!

CMS finalized two important changes to increase access and reduce burden:

1. Beneficiary weight measurements may be collected as part of a medical record, dated within five (5) days of a scheduled MDPP session. The format in which the medical record documentation is shared with the supplier may include a photograph, photocopy, or electronic access to the medical record.
2. Beneficiaries can now self-report weight from home or any reasonable location outside of an in-person delivery site.

MDPP suppliers must maintain all books, contracts, records, documents, and other evidence for 10 years from the last day the beneficiary received MDPP services from the supplier or from the date of completion of any audit, evaluation, inspection, or investigation, whichever is later.

To learn more about weight documentation requirements for MDPP, please visit [§ 410.79 Medicare Diabetes Prevention Program expanded model: Conditions of coverage](#) at (c)(1)(ii) and (e)(3)(iii).

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