

# Medicare Diabetes Prevention Program (MDPP)

## Opportunity for Eligible Organizations to Get Involved

### What is the Medicare Diabetes Prevention Program?

The Medicare Diabetes Prevention Program (MDPP) is a lifestyle change program that aims to prevent the onset of type 2 diabetes among Medicare patients at high risk of developing diabetes. MDPP provides practical training in long-term dietary change, increased physical activity, and behavior change strategies for weight loss. The 2012-2015 DPP model test showed that **participation in the program reduced per-person spending and improved participant health.**<sup>1</sup>

### What are the benefits?

#### Payment, savings, quality, and community impact



**Receive payments** for furnishing 22 MDPP sessions over 12 months and for helping participants achieve and maintain weight loss.

- National Association of Chronic Disease Directors (NACDD) developed the [MDPP Revenue Projection Tool](#) to help suppliers understand their potential participant pool and revenue in a specific geographic area.



**Help reduce health care costs in your community** through value-based care, weight loss, and improved population health.

- DPP can decrease the risk of type 2 diabetes in individuals with prediabetes by 58%, and by 71% among those aged 60 and older.<sup>2</sup>



**Advance health equity priorities** by reaching underserved or high-need populations in your community.

- To increase flexibility for participants, suppliers may offer MDPP services in person, via distance learning, or a combination of both (hybrid).



**Empower individuals with increased risk** to take action to improve their health by giving them the tools they need to make lifestyle changes.

- Support individuals with prediabetes to form new habits that promote healthier eating, stress reduction, and increased physical activity.

### Become an MDPP Supplier



#### Recruit and Train MDPP Coaches

Scholarships are available to help train coaches that serve underserved or high-need populations. See the [CDC National DPP Customer Service Center](#) for more information.



#### Achieve CDC Recognition

Some organizations can be fast-tracked to preliminary CDC recognition, allowing them to apply to enroll as MDPP suppliers. See the [CDC National DPP Customer Service Center](#) for more information.



#### Enroll as an MDPP supplier

Apply online via [PECOS](#) or via the [CMS-20134](#) paper application. PECOS is recommended for faster processing. See the [Enrollment Preparation Guide](#) for more information.

### Partner with an MDPP Supplier



#### Join a CDC Umbrella Hub Arrangement (UHA)

Organizations that want to deliver MDPP but don't have the administrative capacity should consider partnerships which allow organizations to share CDC recognition status, manage referrals, and streamline billing. See the CDC [UHA](#) for one potential option.



#### Promote awareness of MDPP

Refer patients, friends, or family with a high risk of developing type 2 diabetes to join MDPP. Find MDPP suppliers in your area using the [MDPP supplier map](#).

<sup>1</sup> Read more about the Medicare-funded DPP model test at [Evaluation of the Health Care Innovation Awards Third Annual Report](#).

<sup>2</sup> <https://www.niddk.nih.gov/about-niddk/research-areas/diabetes/diabetes-prevention-program-dpp>

For more information, visit <http://go.cms.gov/mdpp-exp> and email [mdpp@cms.hhs.gov](mailto:mdpp@cms.hhs.gov) to join the MDPP listserv.