

NOTES FROM DIABETES PREVENTION PROGRAM WEBINAR

HELD BY CENTERS FOR MEDICARE & MEDICAID SERVICES, AUG. 9, 2016

Speakers were Darshak Sanghavi, Prevention & Population Healthcare Group Leader, and Caryle Burd, Diabetes Prevention Program Team Lead. Both are in the Centers for Medicare & Medicaid Innovation

Terminology: The Diabetes Prevention Program (DPP) is now to be known as the Medicare Diabetes Prevention Program (MDPP), as Medicare will begin paying for services under the program as of January 1, 2018.

Need for Preventive Care: Diabetes represents a national epidemic, with treatment amounting for \$104 billion annually. One-quarter of Americans age 65 and over have Type 2 diabetes, and almost half of older Americans have prediabetes.

Timetable for Proposed Rule: The [MDPP Proposed Rule](#) was published July 15 in the Federal Register (pp. 46413-46416), with a [correction](#) published August 10 (pp. 52783-52784). Public comments are due by September 6; the final rule will be published by November 17. The MDPP itself will commence on January 1, 2018.

What is the DMPP? The [Medicare Diabetes Prevention Program](#) is a structured lifestyle intervention that includes dietary coaching, lifestyle intervention, and moderate physical activity, all with the goal of preventing the onset of diabetes in individuals who are pre-diabetic. The clinical intervention consists of 16 intensive “core” sessions (over the first 6 months) of a curriculum in a group-based, classroom-style setting that provides practical training in long-term dietary change, increased physical activity, and behavior change strategies for weight control. After the 16 core sessions, less intensive monthly follow-up meetings over the next 6 months will help ensure that the participants maintain healthy behaviors. The primary goal of the intervention is at least 5% average weight loss among participants.

Role of Lifestyle Coaches: Trained lifestyle coaches will deliver the MDPP [curriculum as approved by the Centers for Disease Control \(CDC\)](#). A health coach must first obtain preliminary [recognition as a CDC provider](#) before he or she can deliver the training. As part of the application, prospective health coaches will have to obtain/produce a National Provider Information (NPI) number.

Participant Requirements: Medicare beneficiaries who participate in the program must have a BMI of 25 or greater (a different BMI pertains to Medicare beneficiaries who are Asian), present a range of blood test results, and have no previous diagnosis of diabetes.

NDs as Lifestyle Coaches: NDs may apply to deliver the MDPP training regardless of whether they work in a licensed or non-licensed state.

Lifestyle Coach Enrollment: Once having obtained preliminary CDC recognition, the prospective health coach must enroll as a Medicare supplier. Enrollment will begin January 1, 2017. Full CDC recognition will be attained once the supplier demonstrates a full year of satisfactory results under the MDPP.

Role of Suppliers: It appears that suppliers are the organizations employing the health coaches. [The requirements for them to apply for CDC recognition are here](#). Suppliers are to submit MDPP reimbursement claims. A recommended free software package is *PC ACE Pro 32*.

Payment: The first level of reimbursement is tied to the number of core sessions that Medicare beneficiaries attend. The 5% average weight loss goal represents the next level of reimbursement, then the 9% average weight loss goal. The next levels are tied to beneficiaries completing the 3 and 6 month maintenance sessions. Maximum first year reimbursement is \$450; the maximum beyond one year is an additional \$180.

Telehealth: Telemedicine services do not now qualify for MDPP reimbursement, but might conceivably in the future.

Webinar Replay: This will be posted at some point by CMS, with follow-up information provided by email to all webinar registrants.