



Pre-Diabetes Services: Referring Patients to the Medicare Diabetes Prevention Program

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PROVIDER TYPES AFFECTED

This MLN Matters Article is for providers who may refer Medicare patients to the Medicare Diabetes Prevention Program (MDPP) for services to reduce diabetes risk.

WHAT YOU NEED TO KNOW

MDPP is a Behavior Change Intervention:

- An estimated half of all adults age 65 and older have pre-diabetes. The MDPP is an evidence-based, structured behavior change intervention to prevent or delay type 2 diabetes in individuals with an indication of pre-diabetes.
- The primary goal of MDPP services is to help individuals lose at least 5 percent of their weight, which is associated with a clinically significant reduction in risk for type 2 diabetes. When studied, this intervention reduced the incidence of diabetes by 71 percent in individuals over age 60.

MDPP is a New Medicare-Covered Service:

- MDPP suppliers began enrolling in Medicare in January 2018 and Medicare began paying for MDPP services on April 1, 2018.
- Both traditional health care providers and community-based organizations can enroll as MDPP suppliers (a new Medicare supplier type) to provide MDPP services.
- Screen, test, and refer. You can screen and test your patients' risk for pre-diabetes and refer your patients to a Medicare-enrolled MDPP supplier. Medicare doesn't require providers' referral for MDPP services, but your patients may want to discuss MDPP

services with you.

- There is no co-pay or deductible for MDPP services for patients who have Medicare Part B (Fee-For-Service) and meet other eligibility criteria. Patients in a Medicare Advantage plan can contact their plan for cost-sharing information.

BACKGROUND

MDPP Services for People with Medicare

Eligible participants can get up to 2 years of MDPP services with the primary goal of achieving and maintaining at least 5 percent weight loss. MDPP services include:

- Training to make realistic, lasting lifestyle changes
- Tips on getting more exercise
- Strategies for controlling weight
- Support from people with similar goals
- At least 16 “Core Sessions” in the first 6 months
- An additional 6 months of less-intensive monthly sessions to help maintain healthy habits
- An additional 12 months of ongoing maintenance sessions (if the patient meets certain weight loss and attendance goals)

To Start MDPP Services, People with Medicare Must Have:

- Medicare Part B coverage through Original Medicare or a Medicare Advantage (MA) plan
- Results from one of three blood tests taken within 12 months before they started MDPP services:
 - Hemoglobin A1c test with a value of 5.7-6.4 percent
 - Fasting plasma glucose test with a value of 110-125 mg/dl
 - Oral glucose tolerance test with a value of 140-199 mg/dl
- A Body Mass Index (BMI) of at least 25 (or 23 if the patient self-identifies as Asian)
- No history of type 1 or type 2 diabetes with the exception of gestational diabetes
- No End Stage Renal Disease (ESRD)
- Never received MDPP services before

MDPP Outcomes for People with Medicare

Outcomes of MDPP services for eligible patients may include:

- Reduced or delayed risk of developing type 2 diabetes
- Feeling healthier, greater self-confidence and more energized

- Improved quality of life

Some MDPP participants report that they like the support and accountability of a group-based class setting. Diet and physical activity changes mean that some participants may also be able to better manage other conditions.

MDPP Suppliers

Organizations must get recognition through the Centers for Disease Control and Prevention (CDC) Diabetes Prevention Recognition Program (DPRP), before enrolling in Medicare. Once enrolled in Medicare, MDPP suppliers may deliver MDPP services in community or health care settings. Only organizations can enroll in MDPP as suppliers, individuals cannot enroll. Organizations must enroll as an MDPP supplier even if they're already enrolled with Medicare as another provider or supplier type. Medicare payments to MDPP suppliers are performance-based, meaning that Medicare pays suppliers based on their success in helping participants lose weight.

Finding Enrolled MDPP Suppliers

Use the interactive [MDPP Supplier Map](#) to search for suppliers by ZIP code. Or, browse a [list of all currently enrolled MDPP suppliers](#), including supplier location and contact information.

Your Role in the MDPP Referral Process

Screen, Test, and Refer

- Screen patients for their risk of pre-diabetes – do they have a BMI over 25 (or 23, if the patient self-identifies as Asian)? Do they have elevated blood glucose levels in the above-specified ranges?
- Order blood tests (for example, oral glucose tolerance test or fasting plasma glucose) for patients who may be at risk of diabetes and could qualify for MDPP services. (Note that the Hemoglobin A1c is not currently covered by Medicare for pre-diabetes screening).
- Refer eligible patients. Identify if your patients meet other MDPP eligibility requirements, such as having Medicare Part B, no diagnosis of type 1 or type 2 diabetes, and no diagnosis of ESRD. While your patients don't need a referral to get MDPP services, you can help spread the word about MDPP and answer patients' questions.
- Increase your patients' awareness of new MDPP services and eligibility requirements. In the [Medicare & You handbook for 2019](#) go to the Preventive Services section for MDPP information.
- Help your eligible patients find a local MDPP supplier by using the [MDPP Supplier Map](#).

ADDITIONAL INFORMATION

- MDPP overview: <https://innovation.cms.gov/initiatives/medicare-diabetes-prevention-program/>
- MDPP Sessions Journey Map: <https://innovation.cms.gov/Files/x/mdpp-journeymap.pdf>
- Beneficiary Eligibility Fact Sheet: <https://innovation.cms.gov/Files/fact-sheet/mdpp-beneelig-fs.pdf>
- Preparing to Enroll as an MDPP Supplier Fact Sheet: <https://innovation.cms.gov/Files/x/mdpp-enrollmentfs.pdf>
- Frequently Asked Questions (FAQs) about becoming an MDPP supplier: <https://innovation.cms.gov/initiatives/medicare-diabetes-prevention-program/faq.html>
- Centers for Disease Control and Prevention (CDC) Diabetes prevention information: <https://www.cdc.gov/diabetes/prevention/index.html>
- CDC's Screen, Test, Refer process for diabetes prevention: <https://www.cdc.gov/diabetes/prevention/lifestyle-program/deliverers/screening-referral.html>
- MDPP Supplier Map: <https://innovation.cms.gov/initiatives/medicare-diabetes-prevention-program/mdpp-map.html>
- List of current MDPP Suppliers: <https://data.cms.gov/Special-Programs-Initiatives/Medicare-Diabetes-Prevention-Program/vwz3-d6x2/data>
- Sign up for the [MDPP listserv](#)

DOCUMENT HISTORY

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June 27, 2019	Initial article released.

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