Medicare Diabetes Prevention Program

Origination: 04/01/18	**Revised:** 07/24/20	**Annual Review:** 11/12/24
Line of Business: Commercial Only ☐ QHP/Exchange Only ☐ Medicare Only ☒ Commercial & QHP/Exchange ☐ Commercial, QHP/Exchange, & Medicare ☐		

Purpose:

The MDPP (Medicare Diabetes Prevention Program) expanded model includes an evidence-based set of services aimed to help prevent the onset of type 2 diabetes among Medicare beneficiaries with an indication of prediabetes. AvMed follows Code of Federal Regulations, 42 CFR 410.79. Medicare diabetes prevention program expanded model: Conditions of coverage. Revised as of April 1, 2018. MDPP services will be available to eligible beneficiaries beginning April 1, 2018. **THE MDPP is a Medicare Benefit.**

Background Information:

The Medicare Diabetes Prevention Program (MDPP) expanded model is a structured intervention with the goal of preventing type 2 diabetes in individuals with an indication of prediabetes. The clinical intervention consists of a minimum of 16 intensive "core" sessions of a Centers for Disease Control and Prevention (CDC) approved curriculum furnished over six months 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 completing the core sessions, less intensive follow-up meetings furnished monthly help ensure that the participants maintain healthy behaviors. The primary goal of the expanded model is at least 5 percent weight loss by participants. The National DPP is based on the results of the Diabetes Prevention Program (DPP) study funded by the National Institutes of Health (NIH). The study found that lifestyle changes resulting in modest weight loss sharply reduced the development of type 2 diabetes in people at high risk for the disease.

Overview of MDPP Services:

Months 0-6 Core Sessions
- MDPP suppliers must offer a minimum of 16 sessions, offered at least a week apart, during the first 6 months
- Sessions are available to eligible beneficiaries regardless of weight loss and attendance
- MDPP suppliers must use a CDC-approved curriculum to guide sessions

Months 7-12 Core Maintenance Sessions
- MDPP suppliers must offer a minimum of 6 monthly sessions during the second 6 months
- Sessions are available to eligible beneficiaries regardless of weight loss and attendance
- MDPP suppliers must use a CDC-approved curriculum to guide sessions

Months 13-24 Additional Maintenance Sessions
- MDPP suppliers must offer monthly maintenance sessions for an additional 12 months
- Eligible beneficiaries who achieve and maintain weight loss and attendance goals have coverage for 3-month intervals of monthly maintenance sessions for up to 1 year

- MDPP suppliers must use topics from a CDC-approved curriculum to guide sessions. Session topics may be repeated.

Coverage Guidelines

Medicare Eligibility Criteria to begin MDPP Services:
- AvMed Medicare Members, 18 years of age or older and not pregnant at the time of enrollment
- BMI of at least 25; 23 if self-identified as Asian;
- 1 of 3 pre-diabetic blood tests (any of the following)
    - HbA1c: 5.7% to 6.4%; OR
    - Fasting plasma glucose: 100–125 mg/dL; OR
    - Two-hour plasma glucose (after 75 gm glucose load): 140–199 mg/dL OR
- AND no prior diagnosis of type 1 or type 2 diabetes, except gestational diabetes. (A diabetes diagnosis during the MDPP Services Period does not disqualify beneficiaries.)
- Must not have End-Stage Renal Disease (ESRD)
- Once-per-lifetime limit: No previous receipt of any MDPP services
- Provider referrals are not required

Eligibility Criteria for Ongoing Maintenance Sessions:
- Beneficiaries must have maintained a 5% weight loss during the previous interval to be eligible for the next ongoing maintenance session interval
- Beneficiaries must attend at least one in-person core maintenance session in months 10-12 and achieve or maintain 5% weight loss in months 10-12 to be eligible for coverage of the first ongoing maintenance session interval
- Beneficiaries must attend at least 2 sessions and maintain 5% weight loss within an ongoing maintenance session interval to be eligible for the next ongoing maintenance session interval

References:

1. Centers for Disease Control and Prevention. Centers for Disease Control and Prevention Diabetes Prevention Recognition Program; Standards and Operating Procedures.   OMB No. 0920-0909. www.cdc.gov/diabetes/prevention/recognition. March 1, 2018.
2. Code of Federal Regulations, 42 CFR 410.79. Medicare diabetes prevention program expanded model: Conditions of coverage. Revised as of April 1, 2018.
3. Van Vleet Amanda, Arielle Zina.   Medicare Diabetes Prevention Program (MDPP) Expanded Model. CMS Medicare Learning Network. mdpp@cms.hhs.gov. December 5, 2017.

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Disclaimer Information:

Coverage Issues Guidelines and Medical Technology Assessment Recommendations are developed to determine coverage for AvMed's benefits and are published to provide a better understanding of the basis upon which coverage decisions are made. AvMed makes coverage decisions using these guidelines, along with the Member's benefit document. The use of this guideline is neither a guarantee of payment nor a final prediction of how specific claim(s) will be adjudicated.

Coverage Issues Guidelines and Medical Technology Assessment Recommendations are developed for selected therapeutic or diagnostic services found to be safe, but proven effective in a limited, defined population of patients or clinical circumstances. They include concise clinical coverage criteria based on current literature review, consultation with practicing physicians in the AvMed service area who are medical experts in the particular field, FDA and other government agency policies, and standards adopted by national accreditation organizations.

Treating providers are solely responsible for the medical advice and treatment of Members. This guideline may be updated and therefore is subject to change.