

# Prediabetes: What you need to know for Program Recognition

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# NATIONAL DIABETES PREVENTION PROGRAM

WORKING  
TOGETHER  
TO PREVENT  
TYPE 2 DIABETES



## THE GROWING THREAT OF PREDIABETES

Prediabetes is identified when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes

**86** MILLION  
adults have  
prediabetes



**9** OUT OF **10** people with prediabetes  
don't know they have it



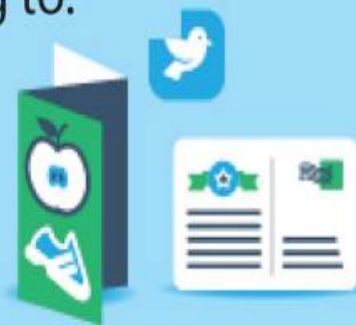
Without weight loss  
and moderate  
physical activity

15–30% of people with  
prediabetes will  
develop type 2 diabetes  
within 5 years



## REDUCING THE IMPACT OF DIABETES

# Groups in the National Diabetes Prevention Program are working to:



Build a workforce that can implement the lifestyle change program effectively

Ensure quality and standardized reporting

Deliver the lifestyle change program through organizations nationwide

Increase referrals to and participation in the lifestyle change program

A key part of the National DPP is a lifestyle change program that provides:



A TRAINED LIFESTYLE COACH



CDC-APPROVED CURRICULUM



GROUP SUPPORT OVER THE COURSE OF A YEAR

# Diabetes Prevention Recognition Program (DPRP)

CDC established the DPRP to assure quality and provide standards for reporting performance

## 3 Key Objectives:

- Assure program quality and fidelity to evidence based curriculum
- Develop and maintain a registry of recognized programs
- Provide technical assistance to local programs to help them maintain recognition status

# CDC Recognized Program Components

1. Required Staffing
2. Use of Approved Curriculum
3. Appropriate Class Location
4. Safety of Participants and Data Privacy
5. Participant Eligibility Requirements



# 1. Required Staffing

- Designated diabetes prevention coordinator (can have multiple if needed)
  - Must also be trained as a Lifestyle Coach
  - Dedicated hours depend on need
- Trained Lifestyle Coaches
  - Trained in curriculum content
  - Ability to guide behavior change
  - Knowledge of health, nutrition and fitness principles
  - Does not need to have credentials (RN, RD, etc.)

## 2. Use of Approved Curriculum

- Year long program
  - 16 sessions in 1<sup>st</sup> 6 months
  - 6 or more sessions in last 6 months
- Sessions should approximately last 1 hour
- Curriculum topics outlined online [cdc.gov](http://cdc.gov)
- Record weight at every session

# Currently Approved Programs





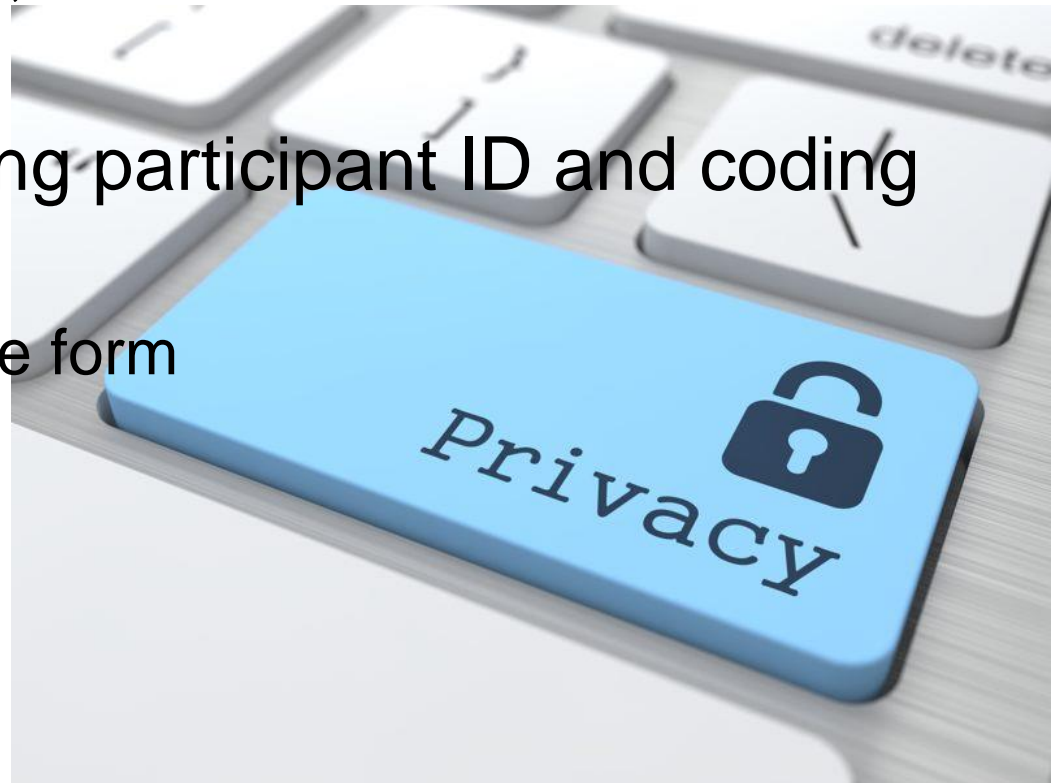
### 3. Appropriate Class Location

- Any venue that offers enough space for group
- Private area for weighing
- Can be done virtually or distance learning



## 4. Safety of Participant's and Data Privacy

- Comply with any federal, state and local laws governing individual level, identifiable data
  - Collection, Storage, Use and Disclosure
- Report to CDC using participant ID and coding values
  - Never in Identifiable form



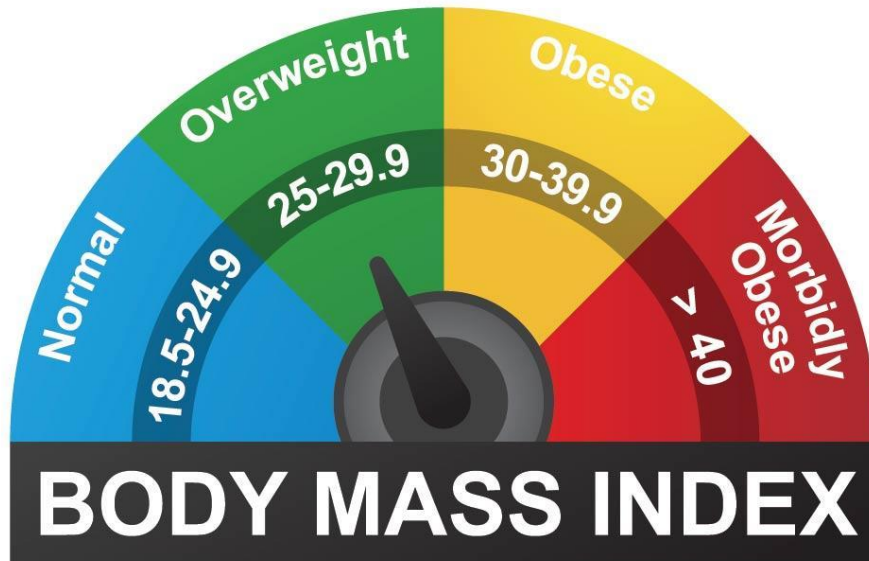
## Everyone Must:

- Be 18+ Years
- Have a BMI over 24 (over 22 if Asian)
- Max of 50% can use the CDC Prediabetes Test

# 5. Participant Eligibility Requirements

## Everyone Must:

- Be 18+ Years
- Have a BMI over 24 (over 22 if Asian)



## At Least 50% Must Have:

- Claim code indicating they have prediabetes  
Or
- History of gestational diabetes  
Or
- Blood test in past year
  - Fasting glucose of 100-125
  - Plasma glucose measured 2 hours after a 75 gm glucose load of 140-199
  - A1c of 5.7 – 6.4

## A Max of 50% Can Have:

### CDC Prediabetes Screening Test



#### COULD YOU HAVE PREDIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.

#### TAKE THE TEST—KNOW YOUR SCORE!

Answer these seven simple questions. For each "Yes" answer, add the number of points listed. All "No" answers are 0 points.

Yes	No
1	<input type="checkbox"/>
1	<input type="checkbox"/>
1	<input type="checkbox"/>
5	<input type="checkbox"/>
5	<input type="checkbox"/>
5	<input type="checkbox"/>
9	<input type="checkbox"/>

Are you a woman who has had a baby weighing more than 9 pounds at birth?

Do you have a sister or brother with diabetes?

Do you have a parent with diabetes?

Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?

Are you younger than 65 years of age and get little or no exercise in a typical day?

Are you between 45 and 64 years of age?

Are you 65 years of age or older?

Add your score and check the back of this page to see what it means.

#### AT-RISK WEIGHT CHART

Height	Weight <small>Pounds</small>	Height	Weight <small>Pounds</small>
4'10"	129	5'7"	172
4'11"	133	5'8"	177
5'0"	138	5'9"	182
5'1"	143	5'10"	188
5'2"	147	5'11"	193
5'3"	152	6'0"	199
5'4"	157	6'1"	204
5'5"	162	6'2"	210
5'6"	167	6'3"	216
		6'4"	221

# Types of CDC Recognition

## Pending

- Applied to the DPRP
- Start classes within 6 months of applying
- Submit Data and receive technical assistance at 12 months
- Takes about 24 Months to be recognized

## Full Recognition

- Has been pending and holding classes
- Submitted data every 12 months during pending years
- Achieves all 7 requirements based on data from complete classes

# 7 Requirements for Full Recognition

1. Session Attendance Months 1-6
  - Average session attendance minimum of 9 sessions
2. Documentation of Body Weight
  - Recorded at 80% or more of all sessions
3. Documentation of Physical Activity Minutes
  - Recorded 60% or more of all sessions

4. Weight Loss Achieved at 6 months
  - Average weight loss must be a minimum of 5%
  
5. Session Attendance Months 7-12
  - Average session attendance minimum of 3
  
6. Weight Loss Achieved at 12 Months
  - Average weight loss must be 5%
  
7. Program Eligibility Requirements Met  
50% min vs 50% max





Application



Pending



Full  
Recognition



# Medicare Diabetes Prevention Program (MDPP) Benefit

Starting January 2018  
First Round- Final Rule

\*2<sup>nd</sup> Round Final Rule due Spring/Summer 2017

- Coverage is for 12 month intervention
  - At least 16 weekly core sessions
    - 1 hour in length
    - Take place in months 1-6
  - 6 monthly maintenance sessions
    - Take place in months 6 -12
    - Covered, regardless of weight loss
- Additional coverage for maintenance sessions
  - Only if 5% weight loss is maintained
  - Offered in 3 month bundles
- Preventative service = no cost sharing
- No referral needed so no restricted access

# Proposed Reimbursement Structure

Core Sessions	Payment per Beneficiary
1 session attended	\$25
4 sessions attended	\$50
9 sessions attended	\$100
Achievement of minimum weight loss of 5% from baseline	\$160
Achievement of minimum weight loss of 9% from baseline	\$25 additional
<b>Total Core Sessions Month 1-6</b>	<b>\$360</b>

<b>Maintenance Sessions During Core Program</b>	<b>Payment per Beneficiary</b>
3 maintenance sessions attended (months 6-12)	\$45
6 maintenance sessions attended (months 6-12)	\$45
Maximum Total for Maintenance Sessions Core Program	\$90
<b>Total for 1 year Core Program</b>	<b>\$450</b>
<b>Maintenance Sessions After Year 1 – paid only if required 5% weight loss is achieved and maintained</b>	
3 maintenance sessions attended	\$45
6 maintenance sessions attended	\$45
9 maintenance sessions attended	\$45
12 maintenance sessions attended	\$45
<b>Maximum Total Following 1<sup>st</sup> Year</b>	<b>\$180</b>

# Virtual and Remote Locations

- If currently a DPRP recognized virtual or remote technology approved site, then MDPP will allow billing for these services
- DPP delivered through telecommunications system of other remote technology are not considered Medicare Telehealth Benefits
- CMS is closely monitoring virtual services and evaluating effectiveness

# Eligible Beneficiaries

- Enrolled in Medicare Part B
- BMI of 25 at first core session (23 if Asian)
- Have recent qualifying blood test (12 months)
  - Risk Test not accepted
  - Cannot be self reported for MDPP
- No Diabetes diagnosis (does not include GDM)
- No end stage renal disease
- No previous MDPP- 1x per LIFETIME

# Supplier Eligibility and Enrollment- Takes 45 Days

At time of enrollment, organizations must have *Preliminary* or Full Recognition by the CDC

- Wait, what?
  - Preliminary is not currently defined but does not mean the same as *Pending*
  - It is designed to shorten the 2 year full recognition process
  - At best will start in 2018
  - To enroll in 2017, you must have full recognition



- All lifestyle coaches need to obtain and maintain an active and valid NPI number
- Organizations must supply a roster of coaches including first, last name, SSN and NPI
- New organizations must be screened (424.581c)
  - Subject to fingerprints and background checks
- Must enroll through Provider Enrollment Chain and Ownership System (PECOS)

## Suppliers Must:

**Submit** claims using standard forms/procedures

**Attest** to participant session attendance/weight loss at time of claims submission

**Track** payments and resolve discrepancies between claims submitted and data entered in medical records

**Comply** with statutes and regulations for Medicare suppliers (e.g. submit claims within time limits; report and return overpayments)

**Maintain detailed records** of services provided within a medical record

**Retain** participant medical records for seven years and provide access to CMS upon request

**Maintain a crosswalk** between identified beneficiary data submitted to CMS and identified beneficiary data submitted to CDC's DPRP

Handle protected participant data in **compliance with HIPAA** and other standards

# What Can you Do Right Now?

- Understand CMS enrollment regulations
- Understand the application process to enroll in Medicare – PECOS
- Obtain software to submit claims
- Obtain an NPI number for Organization and for Lifestyle coaches

# Steps to Become a Supplier

- Continue to work toward obtaining full recognition from the CDC's DPRP
- Work with provider groups to encourage Medicare beneficiary referrals with blood-based values
- Keep up to date on CMS changes with resources including AADE and CMS site.

# Resources

- [cdc.gov/diabetes/prevention](https://cdc.gov/diabetes/prevention)
- [CMS.gov](https://CMS.gov)
  - search MDPP
- [federalregister.gov](https://federalregister.gov)
  - search CMS 1654-P
- [Innovation.cms.gov/initiatives](https://Innovation.cms.gov/initiatives)
  - search MDPP
- [preventionsimplified.org](https://preventionsimplified.org)
  - need a CDC Recognition Organizational Code