Medicare Diabetes Prevention Program (MDPP)

Sessions Journey Map

MDPP services are structured health behavior change sessions aimed at lowering the risk of type 2 diabetes in Medicare beneficiaries with prediabetes. These sessions promote weight loss through healthy eating and physical activity. This journey map is intended to help MDPP suppliers understand the different session types, session sequencing, and important information to keep in mind when furnishing sessions.

- **6-month period of sessions**
  - Supplied must offer at least 16 sessions, no more than once per week
  - Sessions must be split into two 3-month intervals (months 7-9 and 10-12)
  - Suppliers must offer a minimum of 6 sessions, with at least one core maintenance session per month

- **12-month period of sessions**
  - Supplied must offer at least 1 session per month to eligible beneficiaries, i.e., those that have met the 5% weight loss goal
  - Beneficiaries must attend 2 sessions (at least 1 in-person) and maintain 5% weight loss during each interval to go onto the next interval

**Requirements for All MDPP Sessions**
- All sessions must be approximately 1 hour in length
- All sessions must follow a CDC-approved curriculum
- All weight measurements must be taken in-person at a session to count towards performance goals

**WHAT IF A BENEFICIARY MISSES A SESSION?**
- Suppliers may offer make-up sessions (in-person or virtually) to any beneficiary who missed a regularly scheduled session. A make-up session must address the same topic as the regularly scheduled session. Any virtual make-up sessions must follow the CDC's DPRP standards. Suppliers are not required to offer make-up sessions.
- For all make-up sessions, suppliers may offer:
  - A maximum of 1 make-up session per week
  - A maximum of 1 make-up session on the same day as the regularly scheduled session

**ACTIVITIES BEFORE A SESSION**
- For each interested MDPP beneficiary:
  - Determine whether he/she receives Medicare Part B coverage via Fee-for-Service (FFS) Medicare or Medicare Advantage (MA)
  - Determine beneficiary eligibility
  - Disclose required information about the set of MDPP services before the first core session

**ACTIVITIES DURING A SESSION**
- Follow MDPP recordkeeping requirements for each session
- Collect session-level data consistent with CDC DPRP standards (including session-level data for ongoing maintenance sessions as required by CMS)
- If applicable, document any beneficiary engagement items provided to beneficiaries

**ACTIVITIES AFTER A SESSION**
- Submit claims to the Medicare Administrative Contractors for FFS Medicare beneficiaries when a performance goal is met or there is an eligible bridge payment
- Submit encounter data to the MA plan for MA beneficiaries for payment
- Maintain CMS/CDC beneficiary identifiers crosswalk for quarterly submission to CMS

**ACTIVITIES DURING A SESSION**
- For virtual make-up sessions, suppliers may offer:
  - A maximum of 4 sessions during the first 12 months, of which no more than 2 may be during core maintenance sessions
  - A maximum of 3 sessions during ongoing maintenance sessions

Need more information? Visit: [http://go.cms.gov/mdpp](http://go.cms.gov/mdpp)  Email: mdpp@cms.hhs.gov