

Medicare Diabetes Prevention Program (MDPP)

Beneficiary Eligibility Fact Sheet

This checklist contains a summary of MDPP beneficiary eligibility requirements, as well as tips that MDPP suppliers can use to determine beneficiary eligibility. A full list of the beneficiary eligibility requirements can be found in the [CY18 Medicare Physician Fee Schedule final rule](#) at 42 C.F.R. 410.79(c).

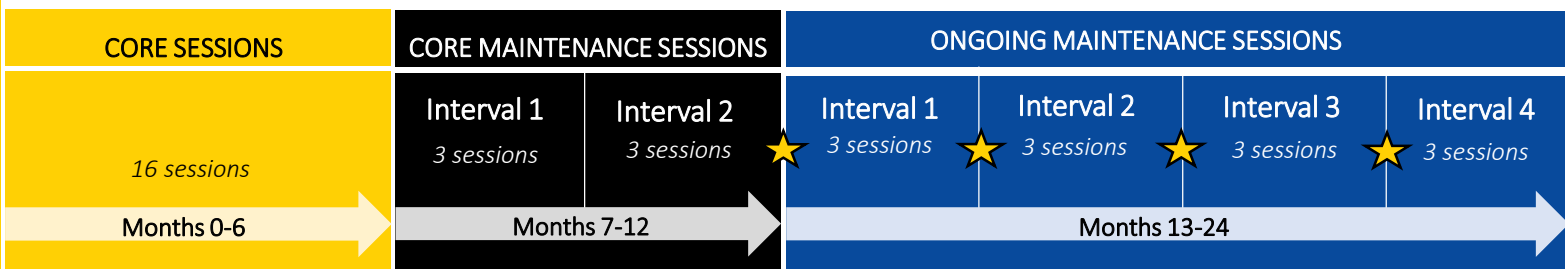
REQUIREMENTS TO START SERVICES

To start MDPP services, beneficiaries must have:

- Medicare Part B coverage** through Original Medicare (Fee-for-Service) or a Medicare Advantage (MA) plan.
- Results from one of three **blood tests** conducted within one year before the first core session:
 - **Hemoglobin A1c test with a value of 5.7-6.4%**
 - **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, 23 if self-identified as Asian.
- No history of type 1 or type 2 diabetes**, with the exception of gestational diabetes.
- No End Stage Renal Disease (ESRD)**.
- Not received MDPP services previously.**

REQUIREMENTS TO CONTINUE SERVICES

★ Represents when a beneficiary must meet a specific performance goal (i.e., attendance, weight loss) to be eligible to continue having coverage of services.



Eligibility for Coverage of Core and Core Maintenance Sessions

- Eligible beneficiaries can participate in core and core maintenance sessions in the first 12 months regardless of attendance or weight loss.

Eligibility for Coverage of Ongoing Maintenance Sessions

- **Interval 1:** Beneficiaries must attend at least one in-person core maintenance session during months 10-12 and achieve or maintain 5% weight loss to proceed to interval 1.
- **Intervals 2-4:** Beneficiaries must attend at least two sessions (at least one in-person) in the previous interval and maintain 5% weight loss to go on to the next interval.

Note: An interval is a 3-month period tied to beneficiary performance and payment.

VERIFYING ELIGIBILITY



Medicare Coverage

- Suppliers should confirm that a beneficiary has Medicare Part B coverage through Original Medicare or a Medicare Advantage (MA) plan before the first core session.
- To confirm Original Medicare coverage, suppliers can contact their Medicare Administrative Contractor (MAC).
- If a beneficiary is enrolled in a Medicare Advantage (MA) plan, the supplier should contact the plan to confirm that the beneficiary is currently enrolled.



Blood Tests

- Beneficiaries are only required to provide results from one of the blood tests by the first core session.
- The test must be completed in the 12 months before the first core session.
- Beneficiaries may work with their health care provider to obtain the blood tests.
- CMS does not designate specific types or forms of documentation that should be used as evidence of blood test results.



BMI

- Beneficiaries' weight and height must be measured in-person at the first core session and should be used to calculate BMI.



History of Diabetes

- Beneficiaries may self-report their history of type 1 or 2 diabetes.
- If a beneficiary develops diabetes while receiving MDPP services, they can continue with the program.
- History of gestational diabetes, which develops during pregnancy, does not disqualify a beneficiary from receiving MDPP services.



ESRD

- Beneficiaries may self-report history of ESRD or ESRD status. Suppliers can also contact their MAC to see if a beneficiary has Medicare via ESRD.
- Beneficiaries who develop ESRD while receiving MDPP services cannot continue with the program.



MDPP Services

- Beneficiaries may self-report that they have previously received MDPP services. Suppliers may also contact their MAC to see if a beneficiary has previously received MDPP services.
- Beneficiaries are only eligible for services once-per-lifetime.
- Beneficiaries who participated in any Diabetes Prevention Program (DPP) services before April 1, 2018, or before they had Medicare coverage, are still eligible because these are not considered MDPP services.

Need More Information?



Visit: <http://go.cms.gov/mdpp>



Email: mdpp@cms.hhs.gov



Contact your MAC