

Medicare Diabetes Prevention Program (MDPP)

Expanded Model Fact Sheet

Overview of MDPP

The MDPP 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. MDPP services will be available to eligible beneficiaries nationwide beginning April 1, 2018 under a performance-based payment model through the CMS Innovation Center.

Questions about MDPP



What is covered through the model?

- Structured sessions with a coach, using a CDC-approved curriculum to provide training in dietary change, increased physical activity, and weight loss strategies
- 12 months of core sessions for beneficiaries with an indication of prediabetes, and an additional 12 months of ongoing maintenance sessions for participants who meet weight loss and attendance goals.



How does the model pay for MDPP services?

MDPP suppliers are paid performance-based payments through the CMS claims system. Medicare payments to suppliers will range, and can be up to \$670 per beneficiary over 2 years, depending on beneficiaries' attendance and weight loss.



What does this mean for beneficiaries?

Beginning April 1, 2018, eligible beneficiaries have coverage of MDPP services with no cost-sharing through Medicare-enrolled MDPP suppliers.

Eligible beneficiaries are those who:

- Are enrolled in Medicare Part B
- Have a body mass index (BMI) of at least 25, or at least 23 if self-identified as Asian
- Meet **1** of the following 3 blood test requirements within the 12 months of the first core session:
 - A hemoglobin A1c test with a value between 5.7 and 6.4% , or
 - A fasting plasma glucose of 110-125 mg/dL, or
 - A 2-hour plasma glucose of 140-199 mg/dL (oral glucose tolerance test)
- Have no previous diagnosis of type 1 or type 2 diabetes (other than gestational diabetes)
- Do not have end-stage renal disease (ESRD)

What does this mean for providers?

Although a referral from a physician is not required for beneficiaries to participate in MDPP services, clinicians have an important role to play in helping beneficiaries understand their risk of diabetes and their treatment options. This is particularly important because only 14% of adults aged 65 and older with prediabetes are aware of their condition. Clinicians may help Medicare patients obtain the blood tests they need to become aware of their risk and recommend they participate in MDPP services.

What does this mean for organizations that wish to deliver MDPP services?

Organizations who wish to furnish MDPP services to beneficiaries and bill Medicare for those services must enroll in Medicare as an MDPP supplier.

To enroll as an MDPP supplier, organizations must:

- Have MDPP preliminary recognition or full CDC DPRP recognition
- Have an active and valid tax-identification number (TIN) or national provider identifier (NPI)
- Pass enrollment screening at the high categorical risk level
- On the MDPP enrollment application, submit a list of MDPP coaches who will lead sessions, including full name, date of birth, social security number (SSN), and active and valid NPI and coach eligibility end date (if applicable)
- Meet MDPP supplier standards and requirements, and other requirements of existing Medicare providers or suppliers
- Revalidate its enrollment every 5 years

Key Dates

- **January 2018**– MDPP supplier enrollment begins
- **April 2018**– Enrolled MDPP suppliers may begin furnishing services and billing Medicare

Resources and Support



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