From Research to Practice: Improving DPP Access

Presented by:
Leslie E. Kolb, RN, BSN, MBA
Chief Science and Practice Offer
Date
Friday, March 9, 2018

Objectives

• Understanding how the Medicare Diabetes Prevention Program came to be through the Centers of Medicare & Medicaid Innovations.
• Explain AADE’s role in the National DPP and opportunities for diabetes educators to implement their own DPP program
• Describe the Requirements of the Medicare Diabetes Prevention Program (MDPP)
• Explain the differences between the National DPP standards and the MDPP requirements

Understanding how the Medicare Diabetes Prevention Program came to be through the Centers of Medicare & Medicaid Innovations
Prevalence of Diabetes vs Prediabetes

30.3 million with Diabetes

84.1 million with Prediabetes

The Impact of Pre-Diabetes

• 9 out 10 people do not know they have prediabetes

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

• CDC estimates that as many as 1 of 3 American adults could have diabetes in 2050 if current trends continue

NIH Funded DPP Research Study:

Weight loss was the most important factor in lowering the risk for type 2 diabetes

The decrease in risk for type 2 diabetes was the same regardless of sex, socioeconomic status, race, or ethnicity
Risk Stratification

Evidence-based Recommendations

From CMMI to CDC to CMS

Center for Medicare & Medicaid Innovations Center tested a model for the primary prevention of type 2 diabetes.

- National Council of YMCA's of the United States of America (Y-USA)
  - Independent evaluation of the Y-USA Diabetes Prevention Program (year 2)
    - Covered 6874 Medicare beneficiaries
    - Completion of at least one core session lost an average of 7.6 pounds
    - Completion of at least four core sessions lost an average of 9 pounds.
    - 83% attended 4 core sessions.
    - 64% attended 9 core sessions.
The Lifestyle Intervention group

• The structured year long lifestyle change intervention goals:
  – Reducing calories
  – Increasing physical activity

• Participants risk of developing type 2 diabetes by 58 percent in people at high risk for the disease

• For people over 60 years of age, the program reduced risk by 71 percent.


National Diabetes Prevention Program

Recognized programs join largest national effort to mobilize and bring effective lifestyle change programs to communities across the country

National Diabetes Prevention Program

Scaling & Sustaining National DPP
CDC Cooperative Agreement Investments

- **1212** - Funded National organizations to increase # of DPRP offering lifestyle change programs and lead to benefit coverage

- **1305** - Funded all 50 states & D.C. to raise awareness of prediabetes, increase referrals to DPRP, work with state employee benefit plans and Medicaid to support coverage

- **1422** - Funded 17 states and 4 cities to expand on work started by 1212 and 1305 and enroll vulnerable, high-risk populations in the program
National DPP Strategic Goals

Increase coverage among public and private payers
Increase referrals from healthcare providers
Increase the supply of quality providers
Increase demand for the National DPP among people at risk

Source: Ann Albright, PhD, RD
Director, Division of Diabetes Translation, National Center for Chronic Disease Prevention and Health Promotion
Centers for Disease Control and Prevention

increase Program Coverage & Reimbursement

Many public and private insurers are offering the National DPP lifestyle change program as a covered benefit.

Commercial Insurers

- Aetna
- BlueCross BlueShield
- Cigna
- Humana

State Coverage

- California
- Colorado
- Pennsylvania

Medicare payment for National DPP begins April 2018

Explain AADE’s role in the National DPP and opportunities for diabetes educators to implement their own DPP program
American Association of Diabetes Educators  
**AADE**
- Membership organization with over 14,000 members since 1973
- RNs, RDNs, Pharmacists and other healthcare professionals
- Prevention is within our organization’s vision:  
  - Optimal health and quality of life for persons with, affected by or at risk for diabetes and related chronic conditions

AADE’s Role in the National DPP
- National Practice Survey found that many of our members already work with people with prediabetes - 21% had DPRP Programs
- In 2015 over 80% of our DSMES programs
- <1% reported receiving reimbursement for prevention services

DSMES Programs have Strength
- Large pool of eligible participants
- HIPAA compliant/accustomed to proper data collection and entry
- Program Coordinator (suggest Diabetes Educator (HCP))
- Ready to train Lifestyle Coaches
- Billing capabilities - Already providing service for payers - Insurers and Employers (DSME and Screenings)
- Linkage with local primary care providers - referral base
- Transition of care for people found to have type 2 diabetes
In 2012, CDC selected AADE as one of six partner organizations to assist in expanding the reach of the National DPP.

An overarching goal of this project was to make the Lifestyle Change Program a covered healthcare benefit for people with prediabetes.

AADE funded a total of 55 DSME sites in 17 states over the 5 years – almost 50% reached full recognition

September 2017 - 46 sites in 17 states all had a payer source
DP17-1705

- AADE has been awarded funding for the next 5 years to bring the National DPP to priority populations with little or no access to diabetes prevention services.
- AADE has established 12 new sites in 7 states (TX, AR, OK, NM, AL, MS, KS) to deliver the evidenced-based Lifestyle Change Program in year one.
  - Hispanic/Latino
  - American Indian
  - Medicare
- AADE will work with several new partners, including UnidosUS, Omada Health, and the Healthy Truckers Association of America (HTAA) to raise awareness, conduct screenings, expand coverage areas, and promote enrollment activities.
- Online platform to provide DPP to Over the Road Truck Drivers

Landscape in Pennsylvania

- Currently 208 DSMES Programs
- 86 Diabetes Prevention Recognition Programs (DPRP)
  - 18 can start to bill on April 1
    - 4 full recognition
    - 14 Preliminary recognition

https://nccd.cdc.gov/DDT_DPRP/Registry.aspx

AADE Offers

- Lifestyle Coach Training Entity for both LSC and Master Trainers
- Building your Diabetes Prevention Workshop
- Technical assistance for DSMES programs and others
- Data Analysis of Participants System (DAPS)
Other Partnerships

- National Partner with National Association of Chronic Disease Directors (NACDD) - http://www.chronicdisease.org/
  - State Engagement Meetings (STeM)

- American Medical Association (AMA)
  - Prevent Diabetes STAT (Screen Test Act Today)

Describe the Requirements of the Medicare Diabetes Prevention Program (MDPP)
We are making History!

https://innovation.cms.gov/initiatives/medicare-diabetes-prevention-program/

CMS and CDC - Unique Roles in MDPP

<table>
<thead>
<tr>
<th>CMS</th>
<th>CDC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interested MDPP suppliers should reach out to CMS for information and support related to:</td>
<td>Interested MDPP suppliers should reach out to CDC for information and support related to:</td>
</tr>
<tr>
<td>• NSDP supplier standards and compliance</td>
<td>• CDC DPMP Standards and Operating Procedures</td>
</tr>
<tr>
<td>• Achieving and maintaining enrollment as an MDPP supplier</td>
<td>• CDC recognition requirements</td>
</tr>
<tr>
<td>• MDPP coach eligibility</td>
<td>• CDC data collection and submission requirements</td>
</tr>
<tr>
<td>• MDPP beneficiary eligibility</td>
<td>• CDC curriculum requirements</td>
</tr>
<tr>
<td>• Delivery of MDPP services</td>
<td>• Effective delivery of the National DPMP</td>
</tr>
<tr>
<td>• Documentation and record keeping requirements</td>
<td></td>
</tr>
</tbody>
</table>
Medicare Proposed Coverage for DPP

- Medicare initially announced intent to expand coverage for DPP in 2016.
  - A response to high rates of type 2 diabetes among older Americans
  - 25% of Americans 65 years and older are living with type 2 diabetes
  - Care for this population costs Medicare $104 billion annually

- Recently published Final 2018 Physician Payment Proposed Rule
  - Supplier enrollment began January 1
  - Reimbursement begins April 1

- Effective date for DPP coverage will be April 2018
  - Impact promotes healthier behaviors for eligible beneficiaries that could prevent or delay type 2 diabetes
  - Decrease healthcare costs associated with diabetes

Overview of MDPP Services

MDPP services are offered over a two year period and are intended to prevent the onset of type 2 diabetes

MDPP

- MDPP to be “additional preventive service” allowing co-pays to be waived

- Diabetes diagnosis exclusion applies only at the time of the first core session
  - If person diagnosed after first core session can continue
Medicare Beneficiaries Eligible for MDPP

- Enrolled in Medicare Part B
- BMI of at least 25 if not self-identified as Asian, or a BMI of at least 23 if self-identified as Asian
- 12 months prior to attending the first core session,
  - a hemoglobin A1c test with a value between 5.7 and 6.4 percent 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)
- No previous diagnosis of type 1 or type 2 diabetes - exception gestational diabetes
- Do not have end-stage renal disease (ESRD)
- Has not previously received MDPP services (ONE TIME BENEFIT)

Eligibility Criteria for ongoing maintenance sessions

- 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
- 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

Intervals are 3 months for 12 months

Make up Sessions are allowed

- In Person
  - Must use same curriculum as session missed
  - Maximum of one per week, maximum of one per day or regularly scheduled sessions
- Virtual
  - Same requirements as in-person make-up sessions
  - Only by beneficiary request
  - Compliant with DPRP virtual standards
  - Max of 4 during the core service period, of which no more than 2 are core maintenance sessions
  - Max of 3 that are ongoing maintenance sessions
  - Weight loss measurement taken cannot be used for payment or eligibility
MDPP

- Performance-based payment structure, which ties payment to performance goals based on attendance and/or weight loss
- New (HCPCS) G-codes that MDPP suppliers created to submit claims for payment when all the requirements for billing the codes have been met

Billing Codes

Virtual Make up Sessions

Recent communication from Medicare on adding a modifiers for MDPP virtual make up sessions.

- VM - MDPP virtual makeup session
Billing and Claims

Engagement Incentives

- Any engagement incentives provided must be connected to the CDC approved curriculum
  - For example, gym memberships may be OK, but not movie theater tickets
- Incentives cannot be tied to achieving weight loss or attendance
- Technology equipment must be reasonably necessary for curriculum
  - (i.e. digital scales and pedometers but not smartphone)
- Incentives cannot exceed $1000 in aggregate per beneficiary
  - Permanent ownership limited to $100 value

MDPP

- Once in a lifetime benefit
- Virtual programs were not approved
  - Some make up sessions can happen virtually
    - Maximum of during the core services period of which no more than 2 are core maintenance sessions
    - Maximum of 3 that are ongoing maintenance sessions
    - Weight loss measurements taken cannot be used for payment or eligibility
Virtual DPP Coverage

• Since DPP model test that met the statutory requirements for expansion did not include virtual services, Medicare does not intend to cover DPP that is furnished exclusively through remote technologies with no in-person delivery.

• CMS intends to develop a separate model under CMS Innovation Center authority to test and evaluate MDPP services that are exclusively furnished virtually.

Virtual DPP Coverage

• Propose to allow in-person suppliers to offer a limited number of virtual make-up sessions to beneficiaries who miss a session.

• To be consistent with CDC’s proposed 2018 DPRP standards, propose that the MDPP supplier may provide a maximum of one make-up session on the same day as a regularly scheduled session and may provide a maximum of one make-up session per week.

• Supplier may offer no more than 4 virtual make-up sessions within the core services period to an MDPP beneficiary, of which no more than 2 virtual make-up sessions may be core maintenance sessions, and no more than 3 virtual make-up sessions that are ongoing maintenance sessions.

New Category III code 0488T

• 0488T: Preventive behavior change, online/electronic structured intensive program for prevention of diabetes using a standardized diabetes prevention program curriculum, provided to an individual, per 30 days.

• Effective January 1, 2018.

• Covered by Blue Shield of CA and Moda Health.

• Not covered by Medicare.
MDPP Suppliers 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

MDPP Supplier Support

MDPP suppliers will be able to access helpful tools and resources to meet their specific needs

- Orientation
- Enroll and Eligible
- Delivery
- Sustainability

Medicare Diabetes Prevention Program (MDPP): MDPP Supplier Road Map

Explain the differences between the National DPP standards and the of the MDPP requirements

CMS and CDC - Unique Roles in MDPP

<table>
<thead>
<tr>
<th>CMS</th>
<th>CDC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interested MDPP suppliers should reach out to QSE for information and support related to:</td>
<td>Interested MDPP suppliers should reach out to CDC for information and support related to:</td>
</tr>
<tr>
<td>• MDPP supplier standards and compliance</td>
<td>• CDC DPP Standards and Operating Procedures</td>
</tr>
<tr>
<td>• Achieving and maintaining enrollment as an MDPP supplier</td>
<td>• CDC recognition requirements</td>
</tr>
<tr>
<td>• MDPP beneficiary eligibility</td>
<td>• CDC data collection and submission requirements</td>
</tr>
<tr>
<td>• Delivery of MDPP services</td>
<td>• CDC curricula requirements</td>
</tr>
<tr>
<td>• Documentation and record keeping requirements</td>
<td>• Effective delivery of the National DPP</td>
</tr>
<tr>
<td>• Billing and claims process</td>
<td></td>
</tr>
<tr>
<td>• Performance-based payments</td>
<td></td>
</tr>
</tbody>
</table>

MDPP Supplier Tools
**CDC’s DPRP Objectives**

1. Assure program quality, fidelity to scientific evidence, and broad use of effective type 2 diabetes prevention lifestyle intervention throughout the United States

2. Develop and maintain a registry of organizations that are recognized for their ability to deliver effective type 2 diabetes prevention lifestyle intervention to people at high risk

3. Provide technical assistance to local type 2 diabetes prevention program to assist staff in effective program delivery and in problem-solving to achieve and maintain recognition status

**CDC Recognition- Application Process:**

**Application process:**

- Free to apply
- Application process is very quick and simple
- Indicate which curriculum you are going to use
  - Can submit your own for approval
- Will need to indicate delivery mode
  - In-person, virtual, distance learning, combination

**What you will receive:**

- Listed on CDC Registry of Programs
- Requirement for reimbursement of some payers (Medicare)
- CDC has an onboarding and a technical assistance process
- Able to email CDC with questions

**Complete Online Application Form:**


**BEFORE Applying for CDC Recognition**

- Identify your “Program Coordinator”
- Ensure understanding of the requirements and process for submitting evaluation data
- Who will be your “back-up” point of contact? (up to 3)
- Identify data preparer
- Decide on an approved curriculum
- Decide when you plan to have your first session
- Decide what type of delivery mode(s) you will use
- Fill out the DPRP Capacity Assessment - Not a requirement for suggested
4 Delivery Modes

1. In-person (delivery is 100% in-person)
2. Online (delivery is 100% online) - Not for MDPP
3. Distance learning (new) - Not for MDPP
   - Delivered 100% by trained Lifestyle Coaches via remote classroom or telehealth (i.e., conference call or Skype) where the Lifestyle Coach is present in one location and participants are calling in or videoconferencing from another location.
4. Combination (new) - Not for MDPP
   - Delivered as a combination of any of the previously defined delivery modes for all participants by trained Lifestyle Coaches.

Three Categories of Recognition

1. Pending
   - Awarded upon approval of application - Not for MDPP
2. Preliminary
   - New recognition status that aligns with the final CMS MDPP expanded model rule.
   - Attendance-based since data indicate that attendance past the first 6 months drives weight loss
   - Minimum required to become an MDPP supplier
3. Full
   - Highest level of CDC recognition awarded when an organization meets all DPRP Standards requirements
   - Organizations in Full can also apply to become MDPP suppliers

Preliminary Recognition

- To be evaluated for preliminary recognition, organizations must have submitted a full 12 months of data on at least one completed cohort
- Organizations will be awarded preliminary recognition when they meet the following criteria:
  - Submission includes at least 5 participants who attended at least 3 sessions in the first 6 months and whose time from first session attended to last session of the lifestyle change program was at least 9 months
  - At least 50% attended at least 9 sessions in months 1-6 and at least 60% attended at least 3 sessions in months 7-12
- Preliminary is not based on weight loss only attendance
Participant Eligibility Changes

• BMI thresholds:
  – Non-Asian: BMI of greater than or equal to 25 kg/m²
  – Asian-American: BMI of greater than or equal to 23 kg/m²

• Blood test eligibility:
  – A minimum of 35% of all participants in a cohort must be eligible for the lifestyle change program based on either a blood test indicating prediabetes or a history of GDM. 55% may come in on a risk test (All must be 18 years of age or older)
  – 100% of Medicare Diabetes Prevention Program (MDPP) participants must come in on a blood test (Medicare Beneficiaries)

Recognition Standards

• Eligibility
• Safety of Participants and Data Privacy
• Location
• Delivery Mode
• Staffing
• Training
• Curriculum
• Recognition – pending, preliminary or Full

Data Evaluation - How Often and Who Gets Evaluated?

• Evaluations can be performed as soon as data on a completed cohort are submitted.
• Evaluations are performed at least once a year
• Only participants eligible for evaluation are included:
  • Participants where a full 12 months have lapsed since their first session date
  • Participants who completed at least 3 sessions in months 1-6
  • Participants whose time from first session attended to last session of the lifestyle change program was at least 9 months
  • Session information
    • Session date
    • Session number and type
    • Session-level delivery mode
  • Weight at session
  • Physical activity minutes at session
Data Evaluation - Standard Performance Metrics

- Attendance: at least 60% of participants must attend at least 9 sessions during months 1-6 and at least 60% of participants must attend at least 3 sessions in months 7-12
- Body weight must be documented during at least 80% of the sessions attended
- Physical activity minutes must be documented during at least 60% of the sessions attended
- Average weight loss across all participants must be at least 5% of starting body weight
- A minimum of 35% of all participants must be eligible for the lifestyle change program based on either a blood test indicating prediabetes or a history of GDM

( Medicare 100% Blood Base Test - History of GDM is not an automatic in )

Warning

- If CDC DPRP does not receive evaluation within 4 weeks following your due date, you will lose recognition
- You must implement at least one new cohort per year to keep your recognition status
- Each data submission must include one record of each session attended by each participant during the preceding 6 months
- DPRP Standards are updated every 3 years- next update 2021

Do you have any questions?