Diabetes Prevention Programs

Lines of Business	Document Type
Commercial, Medicaid, Medicare	Policy, Procedure
Who This Applies To	**States**
Health Services	Idaho, Montana, Oregon, Washington

Enterprise Policy

PacificSource is committed to assessing and applying current regulatory standards, widely-used treatment guidelines, and evidenced-based clinical literature when developing clinical criteria for coverage determination. Each policy contains a list of sources (references) that serves as the summary of evidence used in the development and adoption of the criteria. The evidence was considered to ensure the criteria provide clinical benefits that promote patient safety and/or access to appropriate care. Each clinical policy is reviewed, updated as needed, and readopted, at least annually, to reflect changes in regulation, new evidence, and advancements in healthcare.

Clinical Guidelines are written when necessary to provide guidance to providers and members in order to outline and clarify coverage criteria in accordance with the terms of the Member's policy. This Clinical Guideline only applies to PacificSource Health Plans, PacificSource Community Health Plans, and PacificSource Community Solutions in Idaho, Montana, Oregon, and Washington. Because of the changing nature of medicine, this list is subject to revision and update without notice. This document is designed for informational purposes only and is not an authorization or contract. Coverage determinations are made on a case-by-case basis and subject to the terms, conditions, limitations, and exclusions of the Member's policy. Member policies differ in benefits and to the extent a conflict exists between the Clinical Guideline and the Member's policy, the Member's policy language shall control. Clinical Guidelines do not constitute medical advice nor guarantee coverage.

Background

Diabetes Prevention Programs (DPPs) are evidence-based lifestyle change programs recognized by the Center for Disease Control and Prevention (CDC), Natitional Diabetes Prevention Program (National DPP), which provide a year-long lifestyle program of increasing physical activity, healthy eating, and weight loss to members whose blood glucose (sugar) has been higher than normal, but not high enough to be diagnosed with diabetes (e.g., prediabetic). DPPs have been proven to delay or prevent the onset of Type 2 diabetes.

Procedure

Commercial

PacificSource covers participation in CDC-recognized Diabetes Prevention Programs (DPPs) in accordance with member benefit plan provisions.

Medicaid

PacificSource Community Solutions (PCS) follows the general coverage, limitations, and exclusions outlined in OARs 410-141-3820, 410-141-3825, and 410-120-1200. Relevant coverage guidance, including but not limited to Guideline Notes 5 and 179 of the Health Evidence Review Commission (HERC) Prioritized List of Health Services; as well as any applicable Oregon Administrative Rules (OARs) may be used to determine coverage of Diabetes Prevention Programs.

PacificSource Community Solutions (PCS) follows the Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) coverage requirements in OAR 410-151-0000 through 410-151-0003 for EPSDT beneficiaries. Relevant coverage guidance, including but not limited to Guideline Notes 5 and 179, may be used to assist in informing a determination of medical necessity and medical appropriateness during the individual case review. A case-by-case review for EPSDT Medical Necessity and EPSDT Medical Appropriateness as defined in OAR 410-151-0001 is required prior to denying. Refer to the Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) policy for details.

Medicare

PacificSource Medicare covers Medicare Diabetes Prevention Programs (MDDPs) for eligible Medicare beneficiaries under all Medicare health plans.

Coding Information

The following list of codes are for informational purposes only and may not be all-inclusive. Deleted codes and codes which are not effective at the time the service is rendered may not be eligible for reimbursement.

0403T Preventive behavior change, intensive program of prevention of diabetes using a standardized diabetes prevention program curriculum, provided to individuals in a group setting, minimum 60 minutes, per day

0488T Preventive behavior change, online/electronic intensive program of prevention of diabetes using a standardized diabetes prevention program curriculum, provided to an individual, per 30 day

G0438 Annual wellness visit; includes a personalized prevention plan of service (PPS), initial visit

G0439 Annual wellness visit, includes a personalized prevention plan of service (PPS), subsequent visit

G0447 Face-to-face behavioral counseling for obesity, 15 minutes

G9871 Behavioral counseling for diabetes prevention, online, 60 minutes

G9873 to G9891 First Medicare Diabetes Prevention Program (MDPP) core session was attended by an MDPP beneficiary under the MDPP Expanded Model (EM). A core session is an MDPP service that: (1) is furnished by an MDPP supplier during months 1 through 6 of the MDPP services period; (2) is approximately 1 hour in length; and (3) adheres to a CDC-approved DPP curriculum for core sessions

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HCPCS® codes, descriptions and materials are copyrighted by Centers for Medicare and Medicaid Services (CMS).

References

American Diabetes Association Professional Practice Committee. (2026). Prevention or delay of type 2 diabetes and associated comorbidities: Standards of Care in Diabetes-2026. Diabetes Care, 49(Supplement 1).

Centers for Disease Control and Prevention. (2024). Diabetes Prevention Recognition Program (DPRP) standards and operating procedures: Requirements for CDC recognition. U.S. Department of

Health and Human Services. https://www.cdc.gov/diabetes-prevention/media/pdfs/legacy/dprp-standards.pdf

Centers for Disease Control and Prevention. (2024). National Diabetes Prevention Program. https://www.cdc.gov/diabetes-prevention/?CDC_AAref_Val=https://www.cdc.gov/diabetes/prevention/index.html

Centers for Medicare & Medicaid Services. (2025). Medicare Diabetes Prevention Program (MDPP) Expanded Model. https://www.cms.gov/priorities/innovation/innovation-models/medicare-diabetes-prevention-program

Centers for Medicare & Medicaid Services. (2025). Medicare Diabetes Prevention Program (MDPP) - Frequently Asked Questions. https://www.cms.gov/priorities/innovation/innovation-models/medicare-diabetes-prevention-program/faq

Diabetes Prevention Program Research Group. (2019). Long-term effects of lifestyle intervention or metformin on diabetes development and microvascular complications over 15-year follow-up. The Lancet Diabetes & Endocrinology, 7(12), 866-875. https://doi.org/10.1016/S2213-8587(19)30329-9

Knowler, W. C., Barrett-Connor, E., Fowler, S. E., Hamman, R. F., Lachin, J. M., Walker, E. A., & Nathan, D. M. (2002). Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. New England Journal of Medicine, 346(6), 393–403. https://doi.org/10.1056/NEJMoa012512

Medicare. Medicare Diabetes Prevention Program. https://www.medicare.gov/coverage/medicare-diabetes-prevention-program

National Association of Chronic Disease Directors (NACDD) and the Division of Diabetes Translation at the Centers for Disease Control and Prevention (CDC); National DPP Coverage Toolkit: Coding and Billing (May 2, 2024) https://coveragetoolkit.org/coding-billing-for-the-national-dpp/

Novitas Solutions. (2026). Medicare Diabetes Prevention Program (MDPP) changes for calendar year 2026. https://www.novitas-solutions.com/webcenter/portal/MedicareJH/pagebyid?contentId=00312877

Oregon Health Plan. Health Evidence Review Commission (HERC) Prioritized List of Health Services https://www.oregon.gov/oha/HSD/OHP/Pages/Prioritized-List.aspx

U.S. Department of Health and Human Services, National Institute of Diabetes and Digestive Kidney Diseases. (2025). Diabetes Prevention Program (DPP). https://www.niddk.nih.gov/about-niddk/research-areas/diabetes/diabetes-prevention-program-dpp

Appendix A. Document Control – to update appendix fields, go to Properties Wizard

Version 2 **of Doc #** 253

Policy Number: N/A

Effective Date: 08/20/2026

Next review: 10/20/2027

Original Creation Date: 05/24/2024

Date Archived: Not Archived Yet

Owner:

Business Owner: Health Services

Applicable regulation(s):

- Guideline Note 5 and 179 of the HERC Prioritized List of Health Services
- OAR 410-141-3820 Covered Services
- OAR 410-141-3825 Excluded Services and Limitations
- OAR 410-151-0001 Definitions
- OAR 410-151-0002 Coverage Requirements

Policy Function: Posted to PacificSource.com - Clinical Policy

External entities affected: N/A

LOBO Committee Review completed: 08/20/2026