



Diabetes Prevention Programs

LOB(s): <input checked="" type="checkbox"/> Commercial <input checked="" type="checkbox"/> Medicare <input checked="" type="checkbox"/> Medicaid	State(s): <input checked="" type="checkbox"/> Idaho <input checked="" type="checkbox"/> Montana <input checked="" type="checkbox"/> Oregon <input checked="" type="checkbox"/> Washington <input type="checkbox"/> Other: <input checked="" type="checkbox"/> Oregon <input type="checkbox"/> Washington
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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 are designed for members whose blood glucose (sugar) has been higher than normal, but not high enough to be diagnosed with diabetes. Diabetes is a serious disease that can cause a heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs.

A DPP is an evidence-based program, recognized by the Center for Disease Control (CDC). This year-long lifestyle program focuses on increasing physical activity, healthy eating, and weight loss, which have been proven to prevent or delay the onset of type 2 diabetes.

Procedure

Commercial

PacificSource covers Diabetes Prevention Programs (DPPs), as of 1/1/2024.

Medicaid

PacificSource Community Solutions follows Guideline Notes 5 and 179 of the OHP Prioritized List of Health Services for coverage of Diabetes Prevention Programs.

PacificSource Community Solutions (PCS) follows the general coverage requirements, limitations, and exclusions outlined in OARs 410-141-3820 and 410-141-3825 for adult members 21 years and older.

PacificSource Community Solutions (PCS) follows EPSDT coverage requirements in OAR 410-151-0002 for members under the age of 21. Coverage of Diabetes Prevention Programs is determined through case-by-case reviews for EPSDT Medical Necessity and EPSDT Medical Appropriateness defined in OAR 410-151-0001. The coverage guidance for Diabetes Prevention Programs in Guideline Notes 5 and 179 of the Prioritized List may be used to assist in informing a determination of medical necessity and medical appropriateness during the individual case review.

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
- 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

Centers for Disease Control and Prevention. (Accessed June 21, 2024). National Diabetes Prevention Program. https://www.cdc.gov/diabetes-prevention/?CDC_AAref_Val=https://www.cdc.gov/diabetes/prevention/index.html

Centers for Disease Control and Prevention. (May 15, 2024). National Diabetes Statistics Report: Estimates of Diabetes and its Burden in the United States. https://www.cdc.gov/diabetes/php/data-research/?CDC_AAref_Val=https://www.cdc.gov/diabetes/data/statistics-report/index.html

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/>

Oregon Health Authority. 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. (2022). Diabetes Prevention Program (DPP). <https://www.niddk.nih.gov/about-niddk/research-areas/diabetes/diabetes-prevention-program-dpp>

Appendix

Policy Number:

Effective: 9/1/2020

Next review: 10/1/2025

Policy type: Enterprise

Author(s):

Depts: Health Services

Applicable regulation(s): OARs 410-141-3820, 410-141-3825, 410-151-0001, 410-151-0002; Guideline Note 5 and 179 of the HERC Prioritized List of Health Services;

Commercial Ops: 9/2024

Government Ops: 9/2024