

Frequently Asked Questions

Diabetes Prevention Program (DPP)

Beginning April 1, 2018, Medicare Advantage Organizations (MAOs) are required to provide to eligible beneficiaries a Diabetes Prevention Program (DPP), with no cost-sharing, through Medicare-enrolled MDPP suppliers.

What does this mean for Healthfirst providers?

- Providers have an important role to play in helping their patients understand their risk of diabetes and their treatment options
- Providers may help Healthfirst Medicare, MAP, and FIDA patients obtain the blood tests they need to become aware of their risk and can recommend that they participate in the Healthfirst Diabetes Prevention Program (DPP)

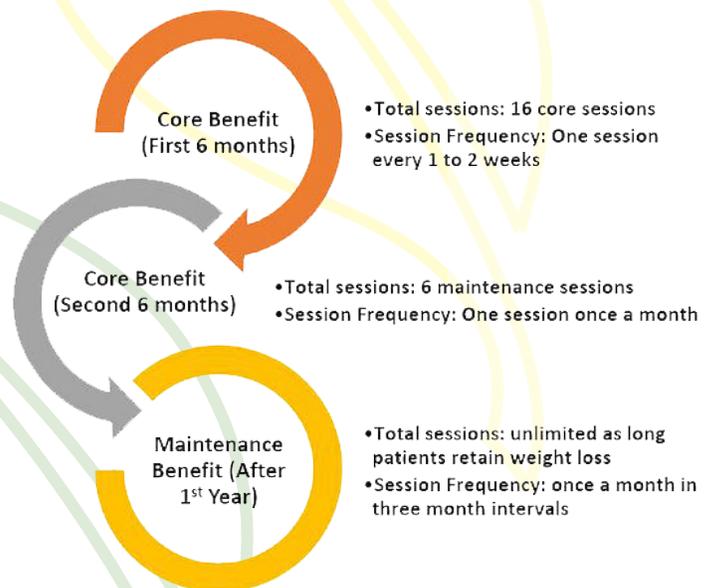
Who is eligible?

Eligible beneficiaries are those who:

- Are enrolled in Medicare Part B
- Are enrolled in a Healthfirst Medicare, MAP, or FIDA program
- Have a body mass index (BMI) of at least 25, or at least 23 if self-identified as Asian
- Meet one of the following three 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 two-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 is covered?

- 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



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How can beneficiaries participate?

- Providers can discuss the Healthfirst Medicare Diabetes Prevention Program with eligible patients and suggest that they participate by contacting Solera Health at **1-877-486-0141** (TTY 711) or by emailing them at screen@soleranetwork.com
- The Patient Referral Form can be used to refer patients to Solera Health. The form is available at www.soleranetwork.com. Please refer to the instructions for further assistance.
- Participants (or their provider(s)) should be able to provide blood test results to support their eligibility to participate

I have questions. Where can I learn more?

To learn more, you may:

- Contact Solera Health at **1-877-486-0141** (TTY 711), Monday to Friday, 9am–9pm, or email them at screen@soleranetwork.com
- Call Healthfirst Provider Services at **1-888-801-1660**, Monday to Friday, 8:30am–5:30pm
- Visit the Medicare Diabetes Prevention Program website at <http://go.cms.gov/mdpp>

Background Information

On November 2, 2017, the Centers for Medicare & Medicaid Services (CMS) issued the Calendar Year (CY) 2018 Physician Fee Schedule (PFS) final rule, which finalizes policies to implement the Medicare Diabetes Prevention Program (MDPP) expanded model starting in 2018. The MDPP expanded model will allow Medicare beneficiaries to access evidence-based diabetes prevention services, with the goal of a lower rate of progression to type 2 diabetes, improved health, and reduced spending. This model is an expansion of the Diabetes Prevention Program (DPP) model test, which was tested through the Centers for Medicare & Medicaid Innovation's Health Care Innovation Awards. The Medicare Diabetes Prevention Program expanded model is a structured intervention with the goal of preventing progression to type 2 diabetes in individuals with an indication of prediabetes. The clinical intervention consists of a minimum of 16 intensive "core" sessions of a Centers for Disease Control and Prevention (CDC)-approved curriculum furnished more than six months in a group-based, classroom-style setting that provides practical training in long-term dietary change, increased physical activity, and behavior change strategies for weight control. After completing the core sessions, less intensive follow-up meetings furnished monthly will help ensure that participants maintain healthy behaviors. The primary goal of the expanded model is at least five percent weight loss by participants.

You may click here for the **MDPP Final Rule Fact Sheet - CY2018 PFS (PDF)**.