



MEDICARE DIABETES PREVENTION PROGRAM EXPANDED MODEL



Target Audience: Medicare Fee-For-Service Providers, Potential MDPP Suppliers, and Medicare-Enrolled MDPP Suppliers

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Beginning April 1, 2018, Medicare began paying for a proven behavior change intervention with the goal of preventing type 2 diabetes among Medicare beneficiaries with prediabetes. This intervention is known as the [Medicare Diabetes Prevention Program \(MDPP\) Expanded Model](#).

Half of adults age 65 or older have prediabetes, the condition that may lead to type 2 diabetes.

The Centers for Medicare & Medicaid Services (CMS) established the MDPP expanded model as part of the calendar years (CYs) [2017](#) and [2018](#) Physician Fee Schedule final rules. CMS and the Centers for Disease Control and Prevention (CDC) have distinct but complementary roles in administering this program. This booklet explains:

- Background and structure of the MDPP expanded model
- MDPP supplier eligibility and enrollment requirements
- Beneficiary eligibility criteria
- Coding, billing, and payment for MDPP services
- Resources



WHAT IS THE MDPP EXPANDED MODEL

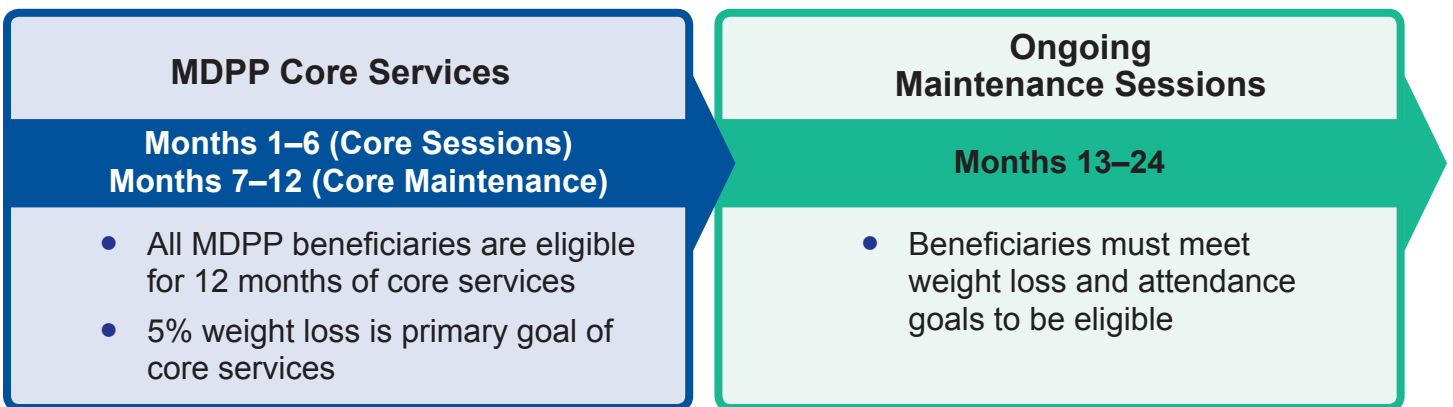
Medicare pays Medicare-enrolled MDPP suppliers to furnish an evidence-based behavior change intervention using a CDC-approved, group-based, classroom-style curriculum that teaches long-term dietary change, increased physical activity, and strategies for weight control. Coaches, such as trained community health professionals, conduct these interventions.

This behavior change program is designed to prevent or delay progression to type 2 diabetes, and has been shown to reduce the incidence of diabetes by 71 percent in persons age 60 years or older.

The primary goal of the MDPP expanded model is to help Medicare beneficiaries achieve at least 5 percent weight loss. This is the outcome associated with reduction in development of type 2 diabetes in people at high risk for the disease.

A beneficiary’s MDPP services period may last up to 2 years. The first year includes 6 months of weekly **core sessions** followed by 6 months of monthly **core maintenance sessions**. All MDPP beneficiaries are eligible for all 12 months of the core services. The second year consists of monthly **ongoing maintenance sessions**. MDPP beneficiaries may be eligible for the second year of services based on their attendance and weight loss. MDPP supplier payment is contingent upon beneficiary participation and performance.

The MDPP intervals and service periods break down as follows:



- During the first 12 months, MDPP services consist of:
 - At least 16 **core sessions** offered at least 1 week apart during months 1–6 of the MDPP services period
 - Two 3-month **core maintenance session** intervals offered during months 7–12 of the MDPP services period
- The ongoing services period consists of up to four 3-month **ongoing maintenance session** intervals offered during months 13–24 of the MDPP services period

All MDPP sessions are approximately 1 hour in length and use a CDC-approved curriculum.

Medicare-enrolled MDPP suppliers must furnish services in person, except for a limited number of virtual make-up sessions. In-person make-up sessions are also permitted. For more detailed information on what is covered, review the [MDPP Session Journey Map](#).

HOW TO BECOME A MEDICARE-ENROLLED MDPP SUPPLIER

To become a Medicare-enrolled MDPP supplier, organizations must first meet specific CDC requirements to gain preliminary or full recognition status with the Diabetes Prevention Recognition Program (DPRP), and then must meet CMS requirements for enrollment as an MDPP supplier. To enroll as an MDPP supplier, follow these steps:

1. Gain [CDC](#) recognition. Organizations must obtain preliminary or full recognition from the CDC by:
 - Offering the lifestyle program within 6 months of receiving approval from CDC and receiving “pending” recognition status
 - Delivering the program over at least 1 year, including at least 16 sessions during the first 6 months and at least 6 sessions during the last 6 months
 - Complying with standards for recognition in the 2018 CDC Diabetes Prevention Recognition Program Standards and Operating Procedures
 - Submitting data on participants’ progress — including attendance, weight loss, and physical activity — every 6 months
2. Prepare for the Medicare enrollment process by reviewing the [MDPP Enrollment Checklist](#) and:
 - Obtain a National Provider Identifier (NPI) and Tax Identification Number (TIN), if the organization doesn’t already have one
 - Create an Identity & Access (I&A) account
 - Gather documentation showing MDPP preliminary or full CDC DPRP recognition
 - Identify at least one appropriate administrative location, and community settings if applicable
 - Collect information on organizations and individuals with 5 percent or more ownership of, partnership in, or managing control of the organization (if applicable)
 - Gather information on coaches who will furnish MDPP services
 - Gather information on authorized and delegated officials of your organization
3. Enroll in Medicare as an MDPP supplier by applying via the [Provider Enrollment, Chain, and Ownership System](#) (PECOS) or the [CMS-20134](#) paper application.

The Medicare enrollment [application fee](#) applies to MDPP suppliers. [Hardship exceptions](#) are considered on a case-by-case basis.

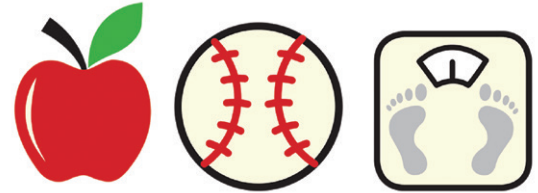
Organizations wishing to furnish MDPP services must enroll as an MDPP supplier, regardless of any existing enrollment in Medicare. For more detailed instructions, refer to the [MDPP Preparing to Enroll as an MDPP Supplier Fact Sheet](#).

Organizations must also meet MDPP supplier standards to successfully enroll, and maintain enrollment, in Medicare. For more information, refer to the [MDPP Supplier Requirements Checklist](#).

HELP BENEFICIARIES WITH PREDIABETES DECREASE DIABETES RISK

Changing behavior to prevent type 2 diabetes is easier with the support of others. By participating in the MDPP, beneficiaries can:

- Reduce their risk of developing type 2 diabetes
- Have face-to-face coaching sessions with trained professionals through community organizations or a local health center to help:
 - Eat healthier
 - Increase physical activity
 - Lose weight
- Get these Medicare services with no out-of-pocket costs



BENEFICIARY ELIGIBILITY

Medicare beneficiaries do not need a referral to access MDPP services. Medicare beneficiaries are eligible for MDPP services if they meet all the following criteria:

- Enrolled in Medicare Part B (or getting Medicare benefits through a Medicare Advantage [Part C] Plan)
- Body Mass Index (BMI) of at least 25 (23 if the beneficiary self-identifies as Asian) on the date of the first core session
- Meet **one of the three** following blood test requirements within the 12 months before attending the first core session:
 1. A hemoglobin A1c test with a value between 5.7 percent and 6.4 percent
 2. A fasting plasma glucose test of 110–125 mg/dL
 3. A 2-hour plasma glucose test (oral glucose tolerance test) of 140–199 mg/dL
- No previous diagnosis of diabetes prior to the date of the first core session (except for gestational diabetes)
- Do not have end-stage renal disease (ESRD)
- Has not previously received MDPP services

MDPP is designated as a Medicare preventive service, so there is no beneficiary cost-sharing.

A beneficiary may receive the full set of MDPP services only once in their lifetime.

Eligible beneficiaries can participate in core and core maintenance sessions in the first 12 months regardless of attendance or weight loss. Beneficiaries may be eligible for up to an additional year of MDPP services if they meet certain attendance and weight loss goals.

Beneficiaries may switch MDPP suppliers at any time during the period in which they receive the MDPP set of services. Once a beneficiary attends the first core session, the MDPP services period begins and the beneficiary's once-per-lifetime limit goes into effect.

If a beneficiary develops diabetes during an MDPP services period, Medicare allows them to continue participating in the MDPP set of services.

For more information on beneficiary eligibility, refer to the [MDPP Beneficiary Eligibility Fact Sheet](#).

CODING, BILLING, AND PAYMENT

CMS adopted the following HCPCS G-codes for billing MDPP expanded model services:

Table 1. HCPCS Codes and Billing Descriptors

Code	Descriptor
G9873	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.
G9874*	Four total Medicare Diabetes Prevention Program (MDPP) core sessions were 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.
G9875*	Nine total Medicare Diabetes Prevention Program (MDPP) core sessions were 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.
G9876*	Two Medicare Diabetes Prevention Program (MDPP) core maintenance sessions (MS) were attended by an MDPP beneficiary in months (mo) 7–9 under the MDPP Expanded Model (EM). A core maintenance session is an MDPP service that: (1) is furnished by an MDPP supplier during months 7 through 12 of the MDPP services period; (2) is approximately 1 hour in length; and (3) adheres to a CDC-approved DPP curriculum for maintenance sessions. The beneficiary did not achieve at least 5% weight loss (WL) from his/her baseline weight, as measured by at least one in-person weight measurement at a core maintenance session in months 7–9.
G9877*	Two Medicare Diabetes Prevention Program (MDPP) core maintenance sessions (MS) were attended by an MDPP beneficiary in months (mo) 10–12 under the MDPP Expanded Model (EM). A core maintenance session is an MDPP service that: (1) is furnished by an MDPP supplier during months 7 through 12 of the MDPP services period; (2) is approximately 1 hour in length; and (3) adheres to a CDC-approved DPP curriculum for maintenance sessions. The beneficiary did not achieve at least 5% weight loss (WL) from his/her baseline weight, as measured by at least one in-person weight measurement at a core maintenance session in months 10–12.

Table 1. HCPCS Codes and Billing Descriptors (cont.)

Code	Descriptor
G9878*	Two Medicare Diabetes Prevention Program (MDPP) core maintenance sessions (MS) were attended by an MDPP beneficiary in months (mo) 7–9 under the MDPP Expanded Model (EM). A core maintenance session is an MDPP service that: (1) is furnished by an MDPP supplier during months 7 through 12 of the MDPP services period; (2) is approximately 1 hour in length; and (3) adheres to a CDC-approved DPP curriculum for maintenance sessions. The beneficiary achieved at least 5% weight loss (WL) from his/her baseline weight, as measured by at least one in-person weight measurement at a core maintenance session in months 7–9.
G9879*	Two Medicare Diabetes Prevention Program (MDPP) core maintenance sessions (MS) were attended by an MDPP beneficiary in months (mo) 10–12 under the MDPP Expanded Model (EM). A core maintenance session is an MDPP service that: (1) is furnished by an MDPP supplier during months 7 through 12 of the MDPP services period; (2) is approximately 1 hour in length; and (3) adheres to a CDC-approved DPP curriculum for maintenance sessions. The beneficiary achieved at least 5% weight loss (WL) from his/her baseline weight, as measured by at least one in-person weight measurement at a core maintenance session in months 10–12.
G9880	The MDPP beneficiary achieved at least 5% weight loss (WL) from his/her baseline weight in months 1–12 of the MDPP services period under the MDPP Expanded Model (EM). This is a one-time payment available when a beneficiary first achieves at least 5% weight loss from baseline as measured by an in-person weight measurement at a core session or core maintenance session.
G9881	The MDPP beneficiary achieved at least 9% weight loss (WL) from his/her baseline weight in months 1–24 under the MDPP Expanded Model (EM). This is a one-time payment available when a beneficiary first achieves at least 9% weight loss from baseline as measured by an in-person weight measurement at a core session, core maintenance session, or ongoing maintenance session.



Table 1. HCPCS Codes and Billing Descriptors (cont.)

Code	Descriptor
G9882*	Two Medicare Diabetes Prevention Program (MDPP) ongoing maintenance sessions (MS) were attended by an MDPP beneficiary in months (mo) 13–15 under the MDPP Expanded Model (EM). An ongoing maintenance session is an MDPP service that: (1) is furnished by an MDPP supplier during months 13 through 24 of the MDPP services period; (2) is approximately 1 hour in length; and (3) adheres to a CDC-approved DPP curriculum for maintenance sessions. The beneficiary maintained at least 5% weight loss (WL) from his/her baseline weight, as measured by at least one in-person weight measurement at an ongoing maintenance session in months 13–15.
G9883*	Two Medicare Diabetes Prevention Program (MDPP) ongoing maintenance sessions (MS) were attended by an MDPP beneficiary in months (mo) 16–18 under the MDPP Expanded Model (EM). An ongoing maintenance session is an MDPP service that: (1) is furnished by an MDPP supplier during months 13 through 24 of the MDPP services period; (2) is approximately 1 hour in length; and (3) adheres to a CDC-approved DPP curriculum for maintenance sessions. The beneficiary maintained at least 5% weight loss (WL) from his/her baseline weight, as measured by at least one in-person weight measurement at an ongoing maintenance session in months 16–18.
G9884*	Two Medicare Diabetes Prevention Program (MDPP) ongoing maintenance sessions (MS) were attended by an MDPP beneficiary in months (mo) 19–21 under the MDPP Expanded Model (EM). An ongoing maintenance session is an MDPP service that: (1) is furnished by an MDPP supplier during months 13 through 24 of the MDPP services period; (2) is approximately 1 hour in length; and (3) adheres to a CDC-approved DPP curriculum for maintenance sessions. The beneficiary maintained at least 5% weight loss (WL) from his/her baseline weight, as measured by at least one in-person weight measurement at an ongoing maintenance session in months 19–21.
G9885*	Two Medicare Diabetes Prevention Program (MDPP) ongoing maintenance sessions (MS) were attended by an MDPP beneficiary in months (mo) 22–24 under the MDPP Expanded Model (EM). An ongoing maintenance session is an MDPP service that: (1) is furnished by an MDPP supplier during months 13 through 24 of the MDPP services period; (2) is approximately 1 hour in length; and (3) adheres to a CDC-approved DPP curriculum for maintenance sessions. The beneficiary maintained at least 5% weight loss (WL) from his/her baseline weight, as measured by at least one in-person weight measurement at an ongoing maintenance session in months 22–24.
G9890*	Bridge Payment: A one-time payment for the first Medicare Diabetes Prevention Program (MDPP) core session, core maintenance session, or ongoing maintenance session furnished by an MDPP supplier to an MDPP beneficiary during months 1–24 of the MDPP Expanded Model (EM) who has previously received MDPP services from a different MDPP supplier under the MDPP Expanded Model. A supplier may only receive one bridge payment per MDPP beneficiary.
G9891*	MDPP session reported as a line-item on a claim for a payable MDPP Expanded Model (EM) HCPCS code for a session furnished by the billing supplier under the MDPP Expanded Model and counting toward achievement of the attendance performance goal for the payable MDPP Expanded Model HCPCS code. (This code is for reporting purposes only).

* May be reported as a virtual make-up session using modifier –VM.

Medicare-enrolled MDPP suppliers should submit claims when a performance goal is met, and report codes only once per eligible beneficiary (except G9890 and G9891). List each HCPCS code with the corresponding session date of service and the coach's NPI. List all HCPCS codes associated with a performance payment (including non-payable codes) on the same claim.

When submitting claims for MDPP services, do not include codes for other, non-MDPP services.

CMS pays for MDPP services through a performance-based structure that ties Medicare-enrolled MDPP supplier payment to beneficiary performance goals based on attendance and/or weight loss.

Medicare-enrolled MDPP suppliers must accept the Medicare-allowed amount as payment in full for their services, regardless of the MDPP supplier's participation status in the Medicare Program.

For more specific information on MDPP payment, refer to the [Quick Reference Guide to Payment and Billing](#) and the [MDPP Billing and Claims Fact Sheet](#).

LOOKING FOR AN MDPP SUPPLIER

The MDPP is new and CMS is encouraging MDPP suppliers to enroll in Medicare. Access the [MDPP Supplier Map](#) to search for suppliers by ZIP Code, or view a [list of all current MDPP suppliers](#), along with supplier location information and contact information. This is a new program that is still ramping up. If you do not see an organization that offers services in your community, keep checking the list. New MDPP suppliers are added to the list regularly.

RESOURCES

Table 2. Resources

Resource	Website
CMS MDPP Expanded Model Website	Go.CMS.gov/MDPP
CY 2017 Medicare Physician Fee Schedule Final Rule (policy governing MDPP)	FederalRegister.gov/d/2016-26668
CY 2018 Medicare Physician Fee Schedule Final Rule (policy governing MDPP)	FederalRegister.gov/d/2017-23953
Diabetes Self-Management Training Accrediting Organizations	CMS.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/MLN-Publications-Items/ICN909381.html
Frequently Asked Questions	Innovation.CMS.gov/initiatives/medicare-diabetes-prevention-program/faq.html
MDPP Orientation Video	Youtu.be/vtT819cedP0

Table 2. Resources (cont.)

Resource	Website
MDPP Supplier Enrollment Presentation	CMS.gov/Outreach-and-Education/Outreach/NPC/Downloads/2018-06-20-MDPP-Presentation.pdf
Medicare Administrative Contractor Contact Information	Go.CMS.gov/MAC-website-list
Notice of Waiver of Certain Fraud and Abuse Laws in Connection with the Medicare Diabetes Prevention Program Expanded Model	CMS.gov/Medicare/Fraud-and-Abuse/PhysicianSelfReferral/Downloads/MDPP-Waiver.pdf
Program Updates Listserv	Public.govdelivery.com/accounts/USCMS/subscriber/new?topic_id=USCMS_12284
Supplier Requirements Checklist	Innovation.CMS.gov/Files/x/mdpp-supplierreq-checklist.pdf
Supplier Road Map	Innovation.CMS.gov/Files/x/mdpp-orientation_roadmap.pdf

Table 3. Hyperlink Table

Embedded Hyperlink	Complete URL
2017	https://www.federalregister.gov/d/2016-26668
2018	https://www.federalregister.gov/d/2017-23953
Application Fee	https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/MedicareProviderSupEnroll/MedicareApplicationFee.html
CDC	https://www.cdc.gov/diabetes/prevention/lifestyle-program
CMS-20134	https://www.cms.gov/Medicare/CMS-Forms/CMS-Forms/Downloads/CMS20134.pdf
Hardship Exceptions	https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/Downloads/Internet-Based-PECOS-FAQs-Fact-Sheet-ICN909015.pdf#page=8

Table 3. Hyperlink Table (cont.)

Embedded Hyperlink	Complete URL
List of All Current MDPP Suppliers	https://data.cms.gov/Special-Programs-Initiatives/Medicare-Diabetes-Prevention-Program/vwz3-d6x2/data
Medicare Diabetes Prevention Program (MDPP) Expanded Model	https://go.cms.gov/mdpp
MDPP Beneficiary Eligibility Fact Sheet	https://innovation.cms.gov/Files/fact-sheet/mdpp-beneelig-fs.pdf
MDPP Billing and Claims Fact Sheet	https://innovation.cms.gov/Files/fact-sheet/mdpp-billingclaims-fs.pdf
MDPP Enrollment Checklist	https://innovation.cms.gov/Files/x/mdpp-enrollmentcl.pdf
MDPP Preparing to Enroll as an MDPP Supplier Fact Sheet	https://innovation.cms.gov/Files/x/mdpp-enrollmentfs.pdf
MDPP Session Journey Map	https://innovation.cms.gov/Files/x/mdpp-journeymap.pdf
MDPP Supplier Map	https://innovation.cms.gov/initiatives/medicare-diabetes-prevention-program/mdpp-map.html
MDPP Supplier Requirements Checklist	https://innovation.cms.gov/Files/x/mdpp-supplierreq-checklist.pdf
Provider Enrollment, Chain, and Ownership System	https://pecos.cms.hhs.gov/pecos/login.do
Quick Reference Guide to Payment and Billing	https://innovation.cms.gov/Files/x/mdpp-billingpayment-refguide.pdf

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