

<https://mmcp.health.maryland.gov/Pages/HealthChoice-DPP.aspx>

HealthChoice Diabetes Prevention Program

The Maryland Department of Health is pleased to announce that beginning September 1, 2019, the National Diabetes Prevention Program (National DPP) Lifestyle Change Program will be available through the HealthChoice Diabetes Prevention Program (HealthChoice DPP).

The National DPP Lifestyle Change Program is an evidence-based program established by the Centers for Disease Control and Prevention (CDC) to prevent or delay the onset of type 2 diabetes through healthy eating and physical activity. Diabetes prevention programs that are recognized by the CDC, known as CDC-recognized type 2 diabetes prevention programs, may enroll with Medicaid to administer the program. Adults between the ages of 18 and 64 may be eligible for participation in the HealthChoice DPP if they also meet the following criteria:

1. Receive services through a HealthChoice MCO;
2. Are overweight or obese;
3. Have an elevated blood glucose level or a history of gestational diabetes mellitus;
4. Have never had a previous diagnosis of type 1 or type 2 diabetes prior to enrollment; &
5. Are not currently pregnant.

As of May 21, 2019, CDC-recognized type 2 diabetes prevention programs may enroll with Maryland Medicaid through its provider enrollment portal known as ePREP.

Continue to check back for more program updates and policy guidance.

General Resources

- [CMS §1115 HealthChoice Demonstration Waiver, Special Terms and Conditions, #31](#)
- [Policy Transmittal 09-20 Coverage of National Diabetes Prevention Program for HealthChoice Enrollees \(Last Updated 09.30.19\)](#)
- [HealthChoice Diabetes Prevention Program Manual \(Last Updated 4.24.20\)](#)
- [Frequently-Asked Questions - HealthChoice DPP Implementations \(Last Updated 4.15.20\)](#)

DPP Provider Enrollment Resources

- [HealthChoice DPP Guidance for CDC Recognized Organizations Applying to Become a Maryland Medicaid DPP Provider \(Last Updated 4.24.20\)](#)
- [HealthChoice DPP Guidance for CDC Recognized Organizations Applying to Become a Maryland Medicaid DPP Provider Webinar](#)
- [DPP ePREP Instructional Webinar](#)
- [ePREP for DPP Providers Webinar Slides](#)
- [DPP Provider Enrollment - Link to ePREP here to enroll as a DPP Provider with Medicaid](#)
- [DPP Provider Addendum - Link to DPP provider addendum for ePREP application](#)

Please direct questions regarding Maryland's HealthChoice DPP, or DPP provider enrollment to mdh.medicaidDPP@maryland.gov.

MDPP Services

<https://coveragetoolkit.org/medicare-advantage/mdpp-final-rule/>

- The MDPP is covered under **Medicare Part B** as a preventive service once per lifetime.
- Medicare cost sharing does not apply to MDPP services.
- Benefit description:
 - Core services period is 12 months: 16 weekly core sessions over months 1-6, and 6 monthly core maintenance sessions in months 6-12
 - After the core services period, an additional 12 months of ongoing maintenance sessions (one per month) is available for participants that achieve attendance requirements and maintain at least 5% weight loss in each 3-month interval during the ongoing maintenance period.
 - Sessions are approximately one hour each
 - No minimum or maximum number of beneficiaries per session
 - Limited in-person and/or remote makeup sessions may be provided
- MDPP suppliers may use any CDC-approved lifestyle change program curriculum
- Although virtual makeup sessions are approved, 100% virtual delivery of DPP services is not currently approved.
- MDPP suppliers must apply for and receive MDPP supplier status prior to receiving reimbursement for MDPP services.
- MDPP suppliers must currently have either CDC Preliminary Recognition or CDC Full Recognition prior to applying.

Beneficiary Eligibility Criteria & Referrals

- Eligibility criteria:
 - Are enrolled in Medicare Part B;
 - BMI ≥ 25 ; ≥ 23 if self-identified as Asian;
 - A1c (H_gA_{1c}) between 5.7 and 6.4%, or a fasting plasma glucose of 110-125 mg/dL, or a 2-hour post-glucose challenge of 140-199 mg/dL (oral glucose tolerance test) within the previous 12 months;
 - Have no previous diagnosis of type 1 or type 2 diabetes with the exception of a previous diagnosis of gestational diabetes; and
 - Does not have end-stage renal disease (ESRD) at any point during the MDPP services period.
- The MDPP benefit is available for coverage only once per lifetime.
- Although referrals are not required, the following referrals are allowed, as long as blood test results indicate eligibility:
 - Self-referral from participant
 - Community referral
 - Physician referral
 - Other health care practitioner referral