



# The National DPP Coverage Toolkit

A Closer Look at Coverage through Medicaid, Medicaid Managed Care and Employers



NATIONAL ASSOCIATION OF  
**CHRONIC DISEASE DIRECTORS**

Promoting Health. Preventing Disease.

# Online resource to support Medicaid, Medicare Advantage, and commercial health plans who are considering covering or implementing the National DPP



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## National Diabetes Prevention Program Coverage Toolkit

- Developed by NACDD and the Division of Diabetes Translation at CDC in 2017 as part of an ongoing demonstration project to establish Medicaid coverage for the National DPP lifestyle change program.
- NACDD contracted with Leavitt Partners, LLC to take lead on developing this site with input from multiple health plans, national partners, state Medicaid agencies, state public health departments, CDC, and NACDD.

[www.coveragetoolkit.org](http://www.coveragetoolkit.org)

# Live Navigation of the National DPP Coverage Toolkit:

[www.coveragetoolkit.org](http://www.coveragetoolkit.org)

## Type 2 diabetes is preventable

Developed to provide information to payers and other stakeholders interested in covering the National DPP lifestyle change program.



### The National DPP

Resources and information on the National DPP

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### Medicaid Agencies

Resources and information for state Medicaid agencies

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### Medicaid MCOs

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### Commercial Plans

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## → Medicaid Agencies → Medicaid Coverage

Federal Medicaid funding for the National DPP lifestyle change program can be claimed in several ways including:

- 1) Amending the Medicaid State plan
- 2) Incorporating the program into an 1115 waiver
- 3) Pursuing other Medicaid managed care waivers or mechanisms



**Attaining Financial Coverage  
Through Medicaid**



**Section 1115 Demonstration Waivers**



**Medicaid Managed Care  
Coverage Options**

## → Attaining Coverage Through A Medicaid State Plan

### Key Questions:

#### 1. Are the services offered to eligible Medicaid beneficiaries?

*Yes. To enroll in the National DPP lifestyle change program, participants must be 18 years or older and qualify as having prediabetes according to established program criteria.*

#### 2. Are the services offered Medicaid coverable services?

*Yes, qualified preventive services are coverable. Qualified preventive services include intensive behavioral counseling and other preventive services for the express purposes of preventing type 2 diabetes.*

#### 3. Are the services provided by Medicaid-eligible providers?

*Depends on the state. If a state's current Medicaid State Plan does not allow for the participation and reimbursement of non-licensed personnel lifestyle coaches in its Medicaid program, the state will need to seek a SPA.*

## → Attaining Coverage Through A Medicaid State Plan

### State Examples: State Plan Coverage for the National DPP Lifestyle Change Program

**Minnesota:** Community health workers serve as lifestyle coaches. Because Minnesota's State plan already recognized community health workers as eligible for reimbursement for a variety of preventive services, the state could use community health workers to administer the National DPP lifestyle change program without having to seek a SPA.

**Montana:** Received federal approval through a SPA to allow for several new provider types for its type 2 diabetes prevention program, including "exercise physiologists working under the direct supervision of a physician or other licensed practitioner."

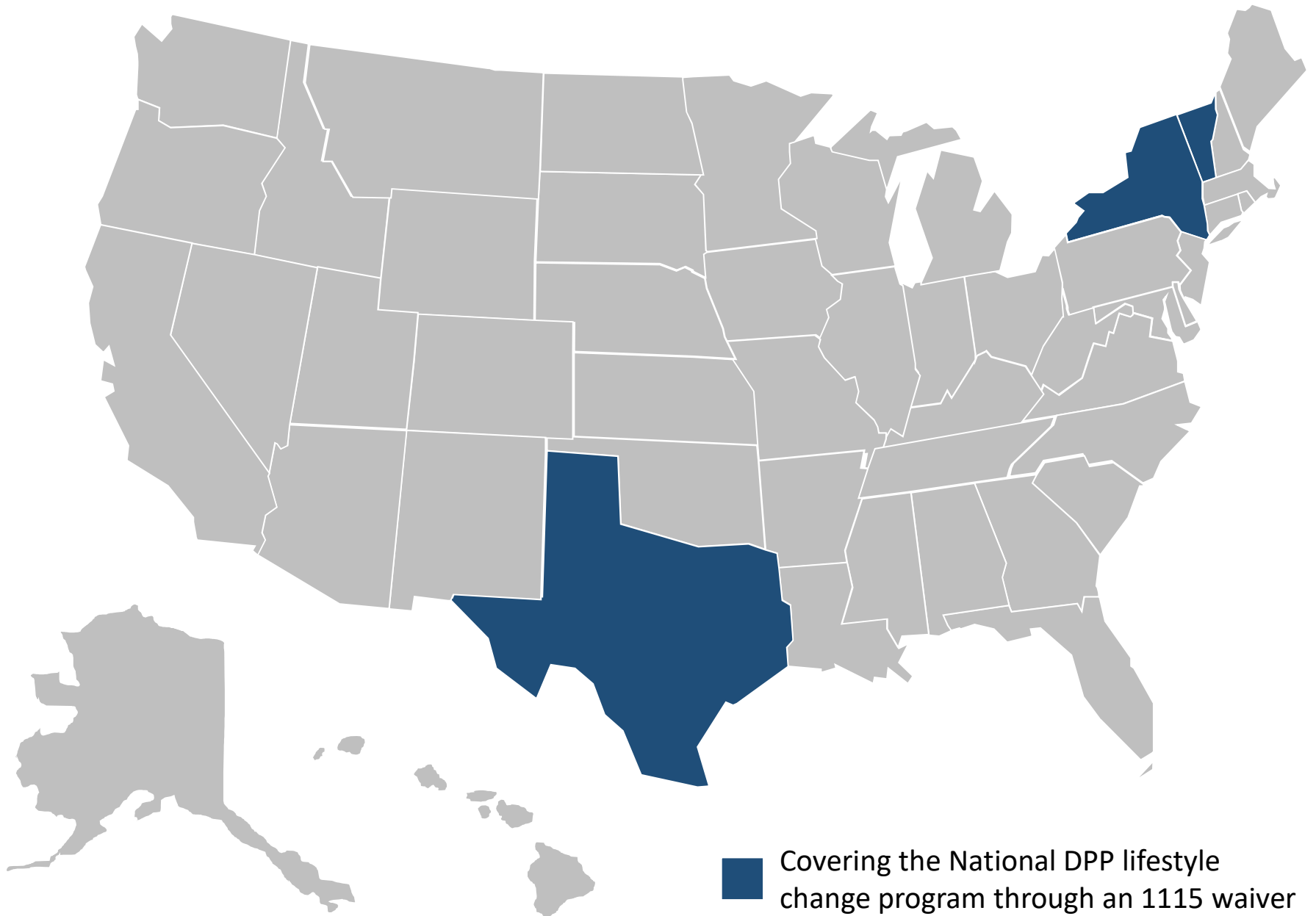
In states where it is necessary to change or broaden the state Medicaid authority to cover non-licensed personnel to serve as lifestyle coaches, states should consider a SPA based on **CMS' Preventive Services Rule Change**.

The new rule allows other practitioners to provide and be reimbursed for furnishing preventive services recommended by a physician or other licensed practitioner.

### Alternative Option: 2703 Medicaid Health Home State Plan Amendments



→ **Attaining Coverage Through A Section 1115 Waiver**



→ **Attaining Coverage Through Medicaid Managed Care Options**

**Medicaid Managed Care Options:**

- 1. Medicaid Managed Care Performance Improvement Projects**
- 2. Value-Added Services**
- 3. 1915(b)(3) Waivers**
- 4. Alternative Services Mechanism**

## → Network Management

- Medicaid and MCOs will need to consider network adequacy standards when covering the National DPP lifestyle change program.
- **MCO contracted providers (i.e., CDC-recognized organizations) are required to enroll with the state as Medicaid providers, even if they do not deliver services to Medicaid fee-for-service beneficiaries.**

Medicaid Managed  
Care Network  
Management Rules



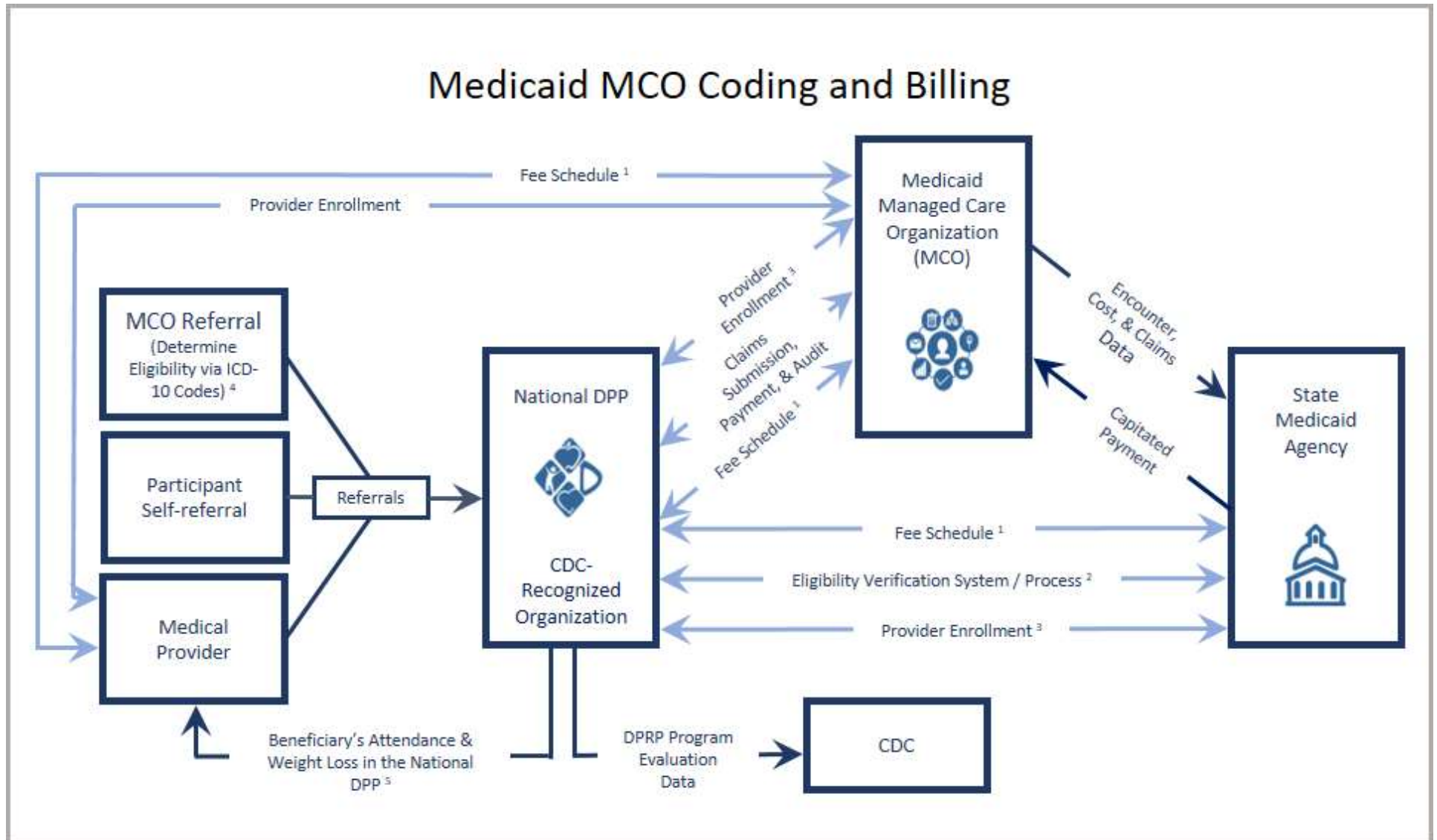
Contracting with  
CDC-Recognized  
Organizations



Leveraging State  
Public Health  
Departments



## → Coding and Billing



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## → Commercial Plans → Employers

- Employers across the nation are making the decision to cover the National Diabetes Prevention Program (National DPP) lifestyle change program
- Employers can provide health insurance coverage for their employees through a variety of methods, but for the purposes of this toolkit, we distinguish between (1) fully insured; and (2) self-insured employers.

### **Fully insured employers:**

Work with a commercial health insurance plan (with assistance from a broker or benefit consultant) to decide whether to cover the program for their employees or a subset of their employees.

### **Self-insured employers:**

Decide themselves (with assistance from a broker or benefit consultant) whether to cover the National DPP lifestyle change program for their employees or a subset of their employees.

→ **Covering the National DPP Lifestyle Change Program**

**Employers can organize and administer the National DPP lifestyle change program in multiple ways.**

Program Elements and Options for Employers	
<b>Delivery Method*</b>	Onsite – at the worksite
	Online or distance learning
	Community partners – in the community
<b>Coverage Method</b>	Employer-offered benefit
	Insurance-covered benefit
<b>Contracting Party</b>	Contract directly with CDC-recognized organizations that provide the National DPP lifestyle change program
	Contract directly with a third-party administrator (TPA) that handles billing processes and/or network management. The TPA establishes contracts with CDC-recognized organizations for the employer.
<b>Contract Type</b>	Invoice method
	Claims processing method <i>(if coverage method is Insurance-covered benefit)</i>

## → Examples of Employers Covering the National DPP Lifestyle Change Program

### Participating Employers:



- Costco
- General Dynamics Bath Iron Works
- Latham & Watkins
- University of Michigan
- New York City
- University of Utah Health



## → Examples of Employers Covering the National DPP Lifestyle Change Program

### State and Local Public Employee Coverage:



- Washington State Employees
- New York City Department of Labor
- California's Public Employees Retirement System
- Kentucky Employees Health Plan
- Minnesota State Employees

# Questions?

Thank you

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