

RB.029.C Diabetes Prevention Program (DPP)

Original Implementation Date : 6/1/2022

Version [C] Date : 2/1/2025

Last Reviewed Date: 01/30/2025

PRODUCT VARIATIONS

This policy applies to all Jefferson Health Plans/Health Partners Plans lines of business unless noted below.

Application of Claim Payment Policy is determined by benefits and contracts. Benefits may vary based on product line, group, or contract. Payment may vary based on individual contract.

POLICY STATEMENT

Jefferson Health Plans/Health Partners Plans considers participation in the Diabetes Prevention Program (DPP) eligible for reimbursement when the following criteria are met:

- Member is at least 18 years old, and
- Member is overweight (Body mass index ≥ 25 ; ≥ 23 if Asian), and
- Member has no previous diagnosis of type 1 or type 2 diabetes, and
- Female member is not pregnant at the time of enrollment.

And meet one of the following:

- Member received a high-risk result after completing the Centers for Disease Control and Prevention (CDC) "Prediabetes Risk Test," or
- Member has had a blood test result in the prediabetes range within the past year as evidenced by any of the following:
 - Hemoglobin A1C: 5.7-6.4%.
 - Fasting plasma glucose: 100-125 milligrams per deciliter (mg/dL).
 - Two-hour plasma glucose (after a 75-gram [gm] glucose load): 140-199 mg/dL, or
- Member was previously diagnosed with gestational diabetes.

POLICY GUIDELINES

The Diabetes Prevention Program (DPP) is limited to one year (25 one-hour sessions) and prospective participants should be motivated to complete the program and make the necessary lifestyle changes. Due to the comprehensive lifestyle changes required, insufficiently motivated individuals are not recommended as candidates for the DPP. Individuals must be screened for prediabetes prior to acceptance into the program, meet the eligible criteria, and acceptance is at the sole discretion of the applicable DPP provider.

- The Virtual Modifier, “VM”, should be appended to any G-code that is provided as a virtual session.
- For Medicare members only, claims reported with a diabetic (excluding gestational diabetes) or an End Stage Renal Disease diagnosis code will deny as ‘not a covered benefit’.
- G9873, G9874, G9875, G9876, G9877, G9878, G9879, G9880, G9881, G9882, G9883, G9884, G9886, G9887, G9888, G9890 are limited to once per lifetime per member.
- The official *CDC Prediabetes Risk Test* is available through the following link: <https://www.cdc.gov/prediabetes/takethetest/>.
- The official *DPP curriculum and participant handouts* are available on the CDC website: <https://www.cdc.gov/diabetes/prevention/resources/curriculum.html>.

For reimbursement under the Jefferson Health Plans benefit, the participating program must be recognized by the CDC in its registry of approved programs (Diabetes Prevention Recognition Program, or DPRP). The additional requirements are as follows:

- For Medicaid, the provider must be enrolled with specialty code 223:
 - https://www.dhs.pa.gov/docs/Publications/Documents/FORMS%20AND%20PUBS%20MAP/c_291473.pdf
- For Medicare, the provider must be enrolled with CMS and included in the following listing: [Medicare Diabetes Prevention Program - Centers for Medicare & Medicaid Services Data \(cms.gov\)](#)
 - <https://innovation.cms.gov/files/x/mdpp-enrollmentcl.pdf>

CODING

Note: The Current Procedural Terminology (CPT®), Healthcare Common Procedure Coding System (HCPCS), and the 10th revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10) codes that may be listed in this policy are for reference purposes only. Listing of a code in this policy does not imply that the service is covered and is not a guarantee of payment. Other policies and coverage guidelines may apply. When reporting services,

providers/facilities should code to the highest level of specificity using the code that was in effect on the date the service was rendered. This list may not be all inclusive.

CPT® is a registered trademark of the American Medical Association.

CPT Code	Description
N/A	

HCPCS Code	Description
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 <u>12</u> 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) <u>10-12</u> 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 <u>12</u> 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 <u>10-12</u>

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) <u>10-12</u> 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 <u>12</u> 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 <u>10-12</u>
G9880	The MDPP beneficiary achieved at least 5% weight loss (WL) from his/her baseline weight in months <u>1-12</u> 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 <u>1-24</u> 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.
G9882	Two Medicare Diabetes Prevention Program (MDPP) ongoing maintenance sessions (MS) were attended by an MDPP beneficiary in months (mo) <u>13-15</u> under the MDPP Expanded Model (EM). An ongoing maintenance session is an MDPP service that: (1) is furnished by an MDPP supplier during months <u>13</u> through <u>24</u> 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 <u>13-15</u>
G9883	Two Medicare Diabetes Prevention Program (MDPP) ongoing maintenance sessions (MS) were attended by an MDPP beneficiary in months (mo) <u>16-18</u> under the MDPP Expanded Model (EM). An ongoing maintenance session is an MDPP service that: (1) is furnished by an MDPP supplier during months <u>13</u> through <u>24</u> 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 <u>16-18</u>
G9884	Two Medicare Diabetes Prevention Program (MDPP) ongoing maintenance sessions (MS) were attended by an MDPP beneficiary in months (mo) <u>19-21</u> under the MDPP Expanded Model (EM). An ongoing maintenance session is an MDPP service that: (1) is furnished by an MDPP supplier during months <u>13</u> through <u>24</u> 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 <u>19-21</u>
G9886	Behavioral counseling for diabetes prevention, in-person, group, <u>60</u> minutes
G9887	Behavioral counseling for diabetes prevention, distance learning, <u>60</u> minutes
G9888	Maintenance 5% WL from baseline weight in months <u>7-12</u>
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 <u>1-24</u> 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

ICD-10 Codes	Description
N/A	

BENEFIT APPLICATION

This Reimbursement Policy does not constitute a description of benefits. Rather, this assists in the administration of the member’s benefits which may vary by line of business. Applicable benefit documents govern which services/items are eligible for coverage, subject to benefit limits, or excluded completely from coverage.

DESCRIPTION OF SERVICES

The Centers for Disease Control and Prevention-led National Diabetes Prevention Program is an evidence-based lifestyle change program for preventing type 2 diabetes among people with prediabetes or at high risk for type 2 diabetes. The year-long program helps participants make real

lifestyle changes such as eating healthier, including physical activity in their daily lives, and improving problem-solving and coping skills. Participants meet with a trained lifestyle coach and a small group of people who are making lifestyle changes to prevent type 2 diabetes. The program may be offered in-person, online or a combination. The one-hour sessions are weekly for 6 months and then monthly for 6 months. This proven program can help people with prediabetes or at risk for type 2 diabetes make achievable and realistic lifestyle changes and cut their risk of developing type 2 diabetes by 58 percent, 71 percent if over 60 years of age.

DEFINITIONS

N/A.

DISCLAIMER

Approval or denial of payment does not constitute medical advice and is neither intended to guide nor influence medical decision making.

Policy Bulletins are developed by Jefferson Health Plans to assist in administering plan benefits and constitute neither offers of coverage nor medical advice.

This Policy Bulletin may be updated and therefore is subject to change.

POLICY HISTORY

This section provides a high-level summary of changes to the policy since the previous version.

Summary	Version	Version Date
2025 annual review. Updated HCPCS Code additions.	C	02/01/2025
Policy guidelines updated to reflect how providers can enroll with the Medicaid and Medicare DPP.	B	5/8/2023
This is a new policy	A	6/1/2021

REFERENCES

1. Jefferson Health Plans Diabetes Prevention Program:
<https://www.healthpartnersplans.com/providers/clinical-resources/diabetes-prevention-programs>
2. PA Department of Human Services (DHS) Diabetes Prevention Program. Enrollment in the Medical Assistance Program.
<https://www.dhs.pa.gov/docs/Publications/Documents/FORMS%20AND%20PUBS%20MAP/c291473.pdf>
3. CMS.gov. Medicare Diabetes Prevention Program. [Medicare Diabetes Prevention Program - Centers for Medicare & Medicaid Services Data \(cms.gov\)](#)