

Medicare Diabetes Prevention Program

Fact Sheet June 2018

Key Facts

- The MDPP is designed for those with pre-diabetes to prevent the onset of Type 2 diabetes.
- MDPP has been added as a benefit for all eligible Medicare beneficiaries.
- With the addition of the benefit, Medicare Advantage health plans offer MDPP to all eligible beneficiaries at no additional cost.
- Medicare Advantage health plans can partner with community-based organizations or private vendors to offer the MDPP services.

BMA Policy Recommendations

CMS should allow the virtual delivery of the MDPP to extend access to this evidence-based program to rural parts of the country and to beneficiaries who may experience difficulties leaving home or finding transportation to programs.

The recently expanded Medicare Diabetes Prevention Program is an evidence-based chronic disease management program available to Medicare Advantage beneficiaries at risk of diabetes to slow disease progression, decrease costs, and improve the beneficiary experience.

Overview Of The Medicare Diabetes Prevention Program

- The Medicare Diabetes Prevention Program (MDPP) is an evidence-based chronic disease management program aimed at slowing the progression of pre-diabetes and preventing the onset of Type 2 diabetes.
- MDPP includes a series of in-person, group-based sessions focused on promoting healthier lifestyles through wellness, nutrition, and exercise support to meet healthy behavior goals.

Value Of Diabetes Prevention Program

- Diabetes impacts millions of Americans—currently, more than 25% of people aged 65 and older have diabetes and almost 50% have pre-diabetes.
- According to a recent Avalere Health study, most Medicare beneficiaries with diabetes have other chronic conditions, like hypertension and hyperlipidemia, which can lead to complications such as stroke, blindness, and kidney disease.
- Diabetes costs the health care system billions of dollars. In 2016, Medicare spent an estimated \$42 billion more on beneficiaries with diabetes.
- Evidence shows programs that include exercise, nutrition counseling, support and social engagement have a positive impact on the health status of participants, reducing disease progression.

Expansion Of MDPP In Medicare Advantage

- After showing positive results in a demonstration program in Fee-For-Service (FFS) Medicare, and Medicare Advantage, the MDPP has been added as a new benefit under Medicare as of April 2018.
 - A study of the MDPP found that participants' risk of diabetes was reduced by 58%, and 71% for people 60 and older.
 - CMS' MDPP demonstration generated estimated savings of \$2,650 for each participant over 15 months. CMS estimates the expanded model will save Medicare more than \$180 million over 10 years.
- Designated as an additional preventive service under Medicare, all Medicare Advantage health plans must offer the MDPP to eligible beneficiaries at no additional cost.
- The MDPP may be offered through community-based organizations, such as the YMCA or private vendors, such as Silver Sneakers. DPP must be delivered in-person.
- Medicare Advantage health plans may offer an extended length of coverage for MDPP services or non-MDPP diabetes prevention services, delivered virtually rather than in-person, as a supplemental benefit.
- Medicare Advantage health plans engage providers to identify patients who would benefit from the MDPP to improve health and reduce costs.