
Medicaid Benefits in Oregon for National Diabetes Prevention Program

National DPP 101:

Program History, Elements and Oregon Health Plan Payment Eligibility

October 24, 2023



Webinar Purpose

2020

>> Medicaid Benefits in Oregon for National Diabetes Prevention Program

Companion Guide 2020 for Health System Partners Serving Oregon Health Plan Members



Oregon Health Authority
PUBLIC HEALTH DIVISION

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2023

Medicaid Benefits in Oregon for National Diabetes Prevention Program

2023 Companion Guide for Coordinated Care Organizations and Oregon Health System Partners Serving Oregon Health Plan Members



Oregon Health Authority
PUBLIC HEALTH DIVISION

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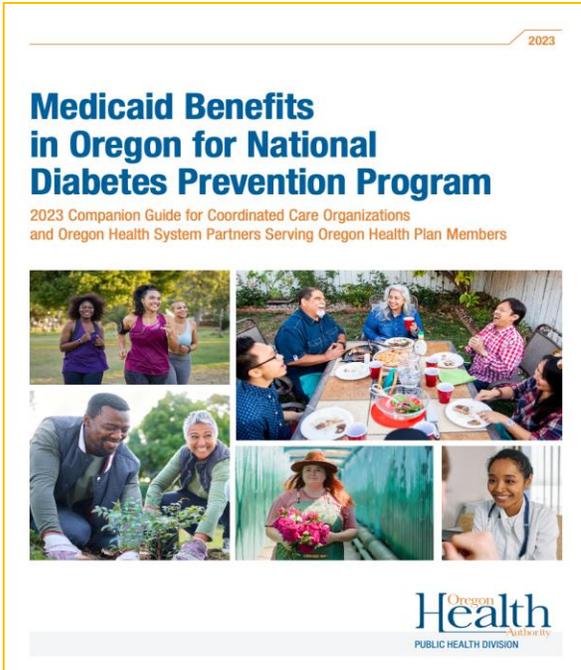
Oregon Health Authority Team

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About You!

- Please respond to this quick poll so everyone can see a snapshot of National DPP partners here today. Choose from the following options.
 - Coordination Care Organization staff
 - Community-based Organization interested in becoming CDC-recognized for National DPP
 - Current CDC-recognized National DPP organization
 - Clinical provider
 - OHP Member/advocate
 - Other Community Member

TA opportunities



Webinar 1: National DPP 101

Audience: CCOs, CBOs and clinical providers

- ✓ Learn about key program elements necessary for payment including member/patient eligibility, program modalities, current program providers and their credentials, and CDC-recognition.

Webinar 2: Medicaid Billing for National DPP in Oregon

Audience: CCOs, CBOs, & clinical providers

- ✓ Understand important parameters around billing for the National DPP program. These include billing cadence and rates, diagnosis codes, rendering and supervising providers, and the two provider types to bill under.

Individualized Technical Assistance & FAQ

- One-on-one technical assistance is available to CCO staff involved in delivering National DPP programming in their service regions
- TA will help to troubleshoot and resolve barriers to billing and payment
- Questions that come up via TA that are not in the Companion Guide will be addressed ongoing in a FAQ document.

Contact **Marissa McCartney** (mccartnm@ohsu.edu) for more information and to request individualized TA.

Webinar agenda

- Impact of Diabetes in Oregon
- National DPP Introduction
- National DPP Modalities
- CDC Recognition for National DPP Organizations
- Summary of OHP Payment Eligibility
- Resources



The Impact of Diabetes in Oregon

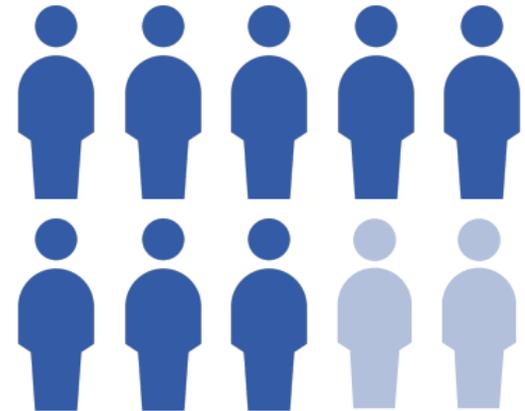
and the importance of prevention

Health burden

- 320,000+ adults in Oregon have been diagnosed with diabetes and almost 400,000 have been diagnosed with prediabetes ^{1,2}
- In 2021, diabetes was the eighth-leading cause of death in Oregon.³
- Diabetes is often a **comorbidity** to high blood pressure, heart disease, stroke, kidney disease, poor mental health, sleep disorders and other leading causes of disability, lower quality of life, death, and financial burden.^{4,5,6,7, 8}

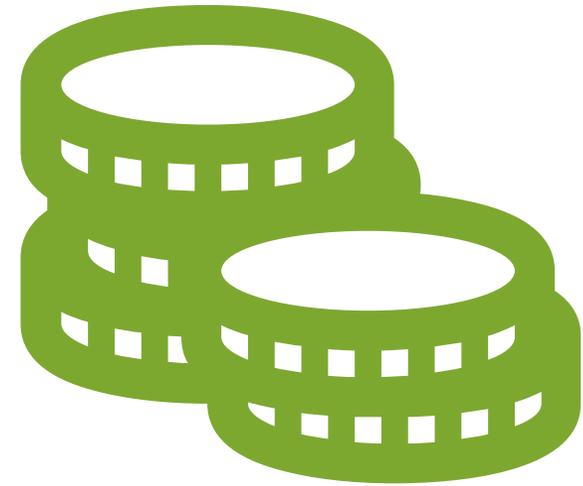
**More than 8 in
10 adults**

with prediabetes
don't know they have it



Financial burden

- People with diabetes have medical expenses approximately 2.3 times higher than those who do not have diabetes.⁹
- In Oregon, direct medical expenses for people with diabetes was estimated at \$3.1 billion in 2017, with another \$1.2 billion spent on indirect costs from lost productivity due to diabetes.⁹



Inequitable rates of diabetes

Insurance	Rate of Diabetes (age-adjusted)
OHP members	13% ⁹
Non-OHP members	8% ⁹
Income	
Income	Rate of Diabetes (age-adjusted)
Oregonians, household incomes of less than \$25,000/year	15% ¹⁰
Overall adult population in Oregon	8% ¹⁰

Inequitable rates of diabetes: Racial disparities

Race/Ethnicity	Rate of Diabetes
Black and African American	15% ¹¹
Latino/a/x	14% ¹¹
American Indian and Alaskan Natives	13% ¹¹
Pacific Islander, not Latino/a/x	13% ¹¹
Asian, not Latino/a/x	10% ¹¹
White	8% ¹¹

National DPP and health equity



- OHA's vision is to eliminate health inequities by 2030
- National DPP helps to **prevent** disease for all people, and **reduce** the unequal burden of diabetes and chronic disease for those that are racially, socially or economically marginalized
- Expanding access to National DPP services enables evidence-based health services to be available in all communities

National DPP in Oregon

- Oregon Health Authority (OHA) recognizes prediabetes as an issue affecting Oregon communities
- In January 2019, Oregon Medicaid/the Oregon Health Plan (OHP) began coverage of National DPP
- OHA encourages Care Coordinated Organizations (CCOs) to work with communities they serve to support implementation of National DPP across Oregon



National DPP Introduction

Program summary and evidence, modalities and key considerations

What is the National DPP?

- Established by the Centers for Disease Control and Prevention (CDC) to address growing problem of prediabetes and type 2 diabetes
- A one-year, evidenced-based program that teaches participants positive lifestyle changes
- Focus on helping participants manage their prediabetes and reduce the risk of developing type 2 diabetes

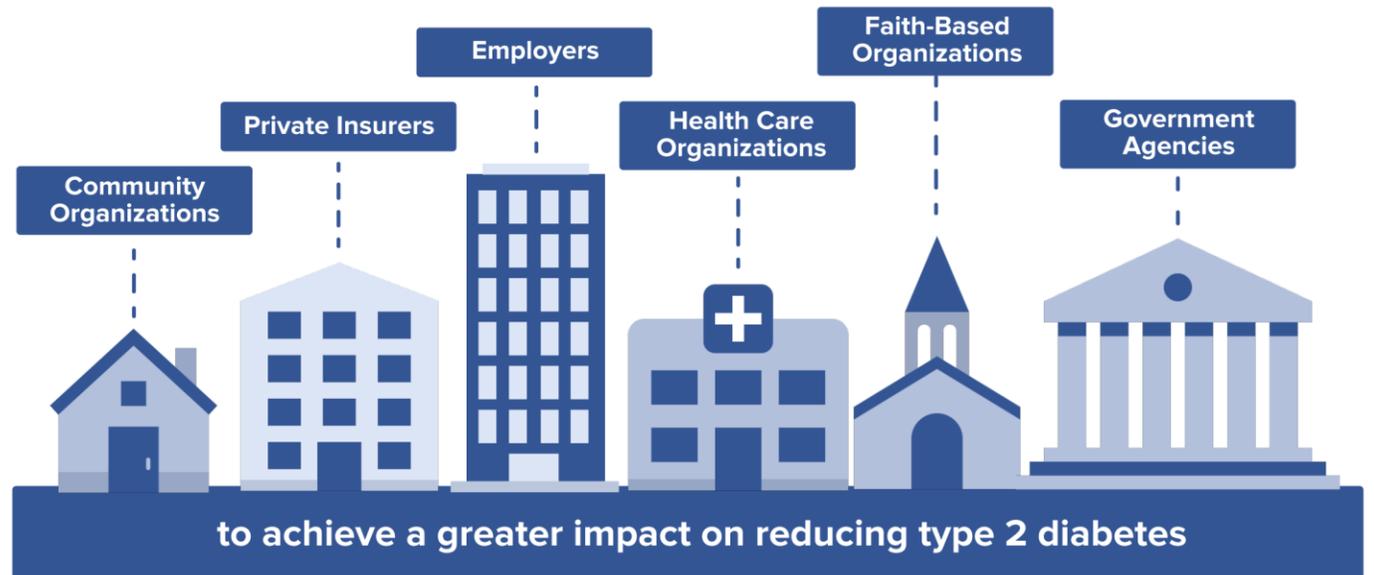


Did you know:

In 2010 Congress authorized the CDC to establish the National DPP to offer evidence-based, cost-effective interventions in communities across the country to prevent type 2 diabetes.

Evidence and benefits

- A public-private partnership model
- Proven to prevent or delay type 2 diabetes in adults with prediabetes
- Studies show participants lower their chance of developing type 2 diabetes by 58% for people 60 and under, and 71% for those over age 60.¹⁴



Insurance coverage

- OHP, Medicare and some commercial payers cover the one-year National DPP program
- If patients and their National DPP leader desire additional time to support lifestyle changes and type 2 diabetes risk-reduction, OHP can cover an additional year of the program
 - Questions about the second year of coverage through the OHP can be directed to medicaid.programs@odhsoha.oregon.gov



Insurance coverage: What is covered by OHP

- ✓ Two years of the national DPP program
- ✓ Up to 52 sessions over two years (In-person or Distance learning), or 24 months (Online) over two years
- ✓ All modalities covered



Referrals to National DPP

- Individual healthcare providers can refer patients to National DPP programs in their communities

-OR-

- Patients can enroll at the [Oregon Compass Self Management Portal](#)

Q I'm looking for...

Home » Oregon Compass Self-Management Portal

Oregon Compass Self-Management Portal

Oregon Compass is a free, web-based platform used to promote health and wellness programs offered across the state.

Compass for Consumers

Anyone can use Compass to find and register for workshops in their area.



National DPP modalities

- The National DPP must be provided by a CDC recognized organization that is recognized in the modality offered
- The National DPP Program can be delivered using any of the four modalities
 - ✓ In person
 - ✓ Distance learning
 - ✓ Online
 - ✓ Combination of the above

Choosing a modality: Cultural considerations

- **Health equity and retention**
 - OHA's Health Promotion and Chronic Disease Prevention Section recommends CCOs contract with one or more National DPP organization to offer multiple modalities, depending on the communities served.
- **Cultural relevance and options for Native communities**
 - OHA encourages CCOs to partner with CDC-Recognized National DPP organizations that offer culturally and linguistically relevant services in their communities
 - Many Tribal Health and Urban Indian Health Programs have been using CDC-recognized DPP curriculum for many years and are now becoming CDC-recognized National DPP organizations.



Choosing a modality: Billing considerations

- I. National DPP organizations are recognized by modality and must be billed to the OHP by their modality
- II. In-person and distance modalities are billed at a different cadence than the Online modality
- III. Weight loss verification methods and payment approval vary by modality
- IV. Medicare and OHP reimburse for different modalities
 - *Please note this may be changing in 2024!*
- V. CDC-recognition status may impact eligibility for reimbursement (Medicare v. Medicaid)

Check in Poll

- Of the content presented so far, what was new for you? Check all that apply.
 - Information about health and financial burden of diabetes
 - Health and racial disparities of diabetes
 - History of National DPP
 - OHP Coverage
 - Considerations for choosing a National DPP modality
- If you wish, please write comments in the chat to share any ah-ha's you've had so far



CDC-recognition of National DPP Organizations

and what's required

CDC-recognized National DPP organization

- To receive payment, the National DPP must be offered by a trained Lifestyle Coach working **under a CDC-recognized National DPP organization**
 - includes health clinics, health systems, Community Based Organizations (CBOs) and CCOs
- Contracting with **in-state National DPP organizations** is only required for the **in-person modality**, however, CCOs are encouraged to contract in-state for all modalities to keep program instruction as local and accessible as possible

CDC-recognized National DPP organization

- As of June 2023, there are 27 recognized National DPP organizations employing approximately 200 Lifestyle Coaches across the state
 - [National DPP CDC Registry](#)

The screenshot shows the CDC logo and tagline "Centers for Disease Control and Prevention CDC 24/7: Saving Lives, Protecting People™" at the top. Below is a green header for "Diabetes Prevention Recognition Program Application". The main heading is "Registry of All Recognized Organizations". A paragraph explains that the registry lists contact information for all CDC-recognized organizations that deliver evidence-based type 2 diabetes prevention programs. It mentions that all programs have agreed to use a CDC-approved curriculum and that full recognition means a program has demonstrated effectiveness by achieving all performance criteria. A "CUSTOMER SERVICE CENTER" button is visible on the right. Below the text are filters for "Show organizations by location:" with dropdowns for "State" (set to "All States") and "City" (set to "N/A"). There is a "Download full Registry" button with an Excel icon. A search bar for "Search by organization name:" is present with a "Clear" button. At the bottom, there is a legend for recognition levels: two stars for "full plus CDC recognition", one star for "full CDC recognition", and a blue dot for "preliminary recognition". It also shows "Results per page: 50" and "1 - 50 of 1533". A note on the right states "Umbrella Organizations are organizations designated to provide administrative infrastructure support." and "Data sorted by this column (click column header to sort)".

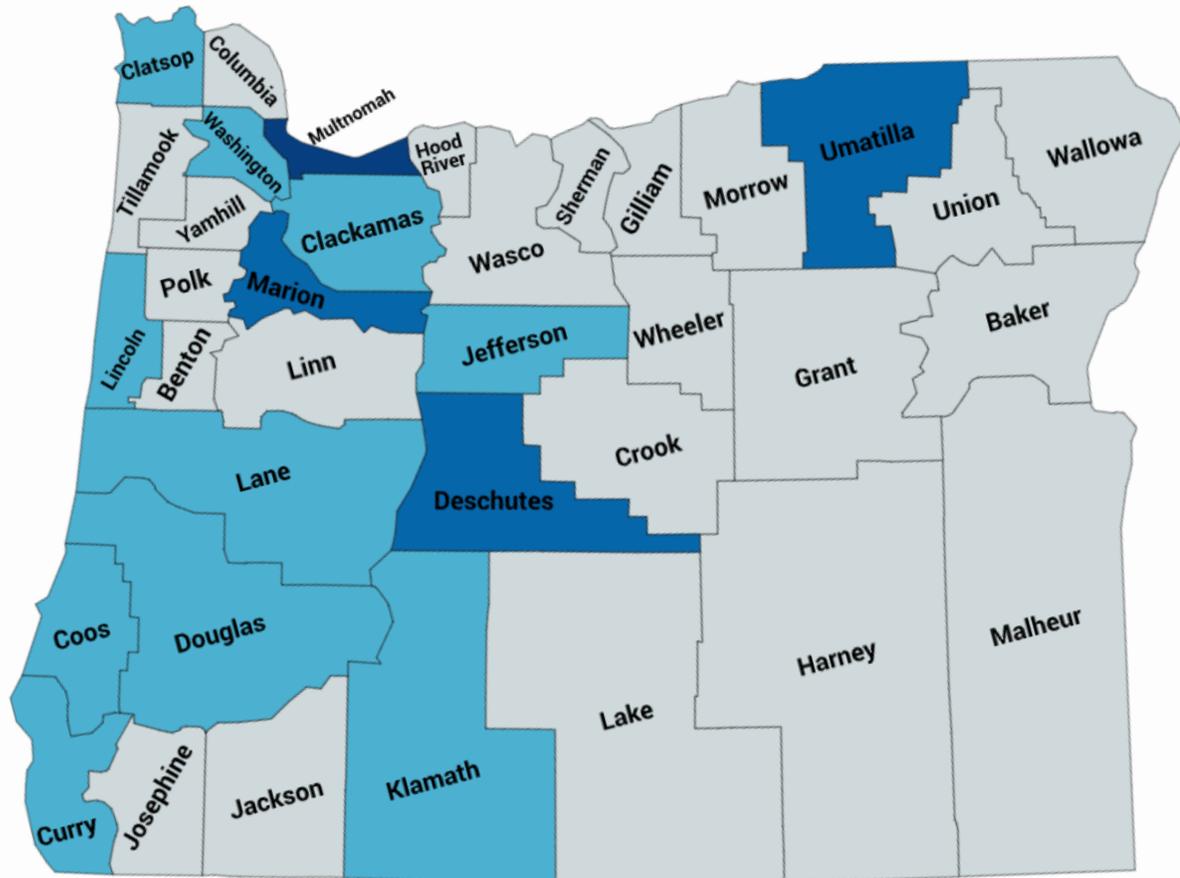
What is involved with being a CDC-recognized Organization?

- CDC sets standards for organizations to offer services to ensure high quality and effectiveness of National DPP delivery
- Programs must apply to CDC and [meet certain standards](#) to receive CDC recognition
- To maintain CDC recognition, programs must continue to submit participant and program data to CDC per CDC expectations
- Each CDC-recognized organization (with pending, preliminary, or full recognition) must submit evaluation data to the [Diabetes Prevention Recognition Program \(DPRP\)](#) every six months



More information about CDC recognition can be found in the revised National DPP Companion Guide (Appendix A).

CDC-recognized National DPP program providers in Oregon



Number of CDC-recognized DPP programs

- At least one program
- 3-9 programs
- 10 or more programs

*Note that some of the providers offer virtual options that are open to anyone in Oregon regardless of geographic location (e.g., Oregon Wellness Network, Providence, Moda)

For CDC-recognized National DPP program providers, please visit the [National Registry of Recognized DPP organizations](#)

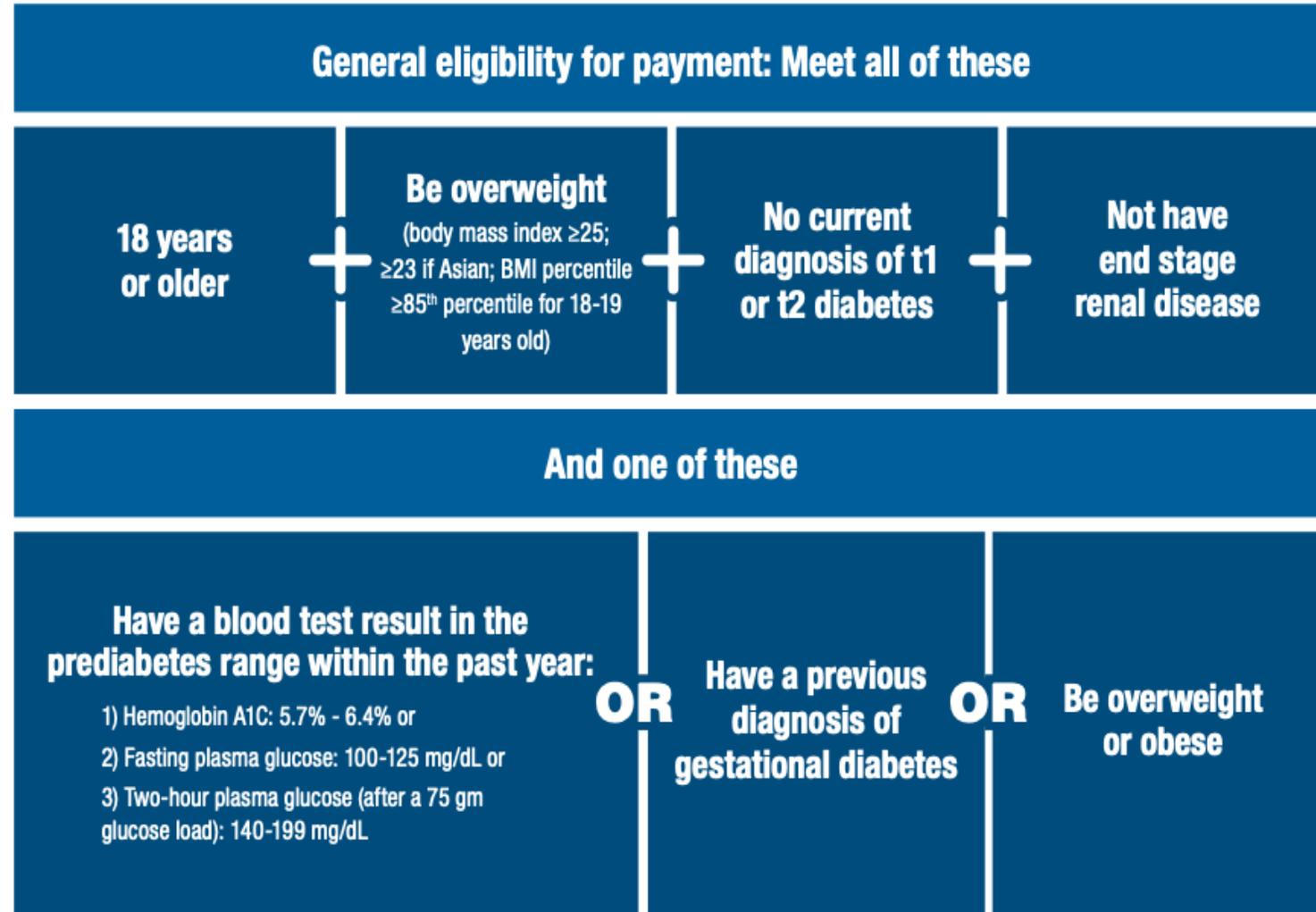


Summary of Member Eligibility for Medicaid Payment in Oregon

OHP member eligibility requirements for payment for National DPP billing claims.

- The payment requirements are described in **Guideline Note 179** and **Guideline Note 5** of Oregon’s Prioritized List of Health Services.

Note: This is for Oregon Medicaid Payment. CDC-recognized National DPP organizations have different requirements to adhere to, to maintain their recognition.



Check in Poll

Of the content presented in this section, where do you still have questions?

- Requirements for CDC-recognition
- How to find CDC-recognized National DPP program providers serving your region
- OHP member eligibility requirements for payment of National DPP services
- Other

Q&A with Subject Experts

Don Kain

Diabetes Program Education &
Outreach Manager
Harold Schnitzer Diabetes
Health Center at OHSU

Nathan Roberts

Nathan Roberts
FFS Operations Manager
Health Systems Division
Oregon Health Authority



Final Poll!

- Please take a moment to complete this last poll to help us optimize our future Technical Assistance offerings around National DPP.

Upcoming National DPP Medicaid Billing Webinar

- Billing Medicaid for National DPP Payment
 - November 7, 2023, 2 p.m.
 - Register via the [OHA Diabetes TA webpage](#)
 - ✓ DPP billing cadence and rates
 - ✓ Diagnosis codes
 - ✓ Rendering and supervising providers
 - ✓ Two provider types to bill under

Thank you!

- Feel free to reach out to ORPRN or OHA contacts listed for questions
- Webinars and new Companion Guide will be recorded and posted on the Transformation Website
- Keep a look out for communications – we'll contact you and keep you up to date on new resources and materials as they come available!



References

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