



## Prior Authorization Guide: Medicare Diabetes Prevention Program

Applies to members enrolled in the following Care Wisconsin Medicare health plan products:  
**Partnership-Medicare, Dual Advantage**

The Medicare Diabetes Prevention Program is an evidence-based intervention with the goal of preventing type 2 diabetes in individuals with an indication of prediabetes. The clinical intervention consists of a minimum of 16 intensive “core” sessions of a Centers for Disease Control and Prevention (CDC) approved curriculum furnished over six months in a group-based, classroom-style setting that provides practical training by Lifestyle Coaches in long-term dietary change, increased physical activity, and behavior change strategies for weight control. After the completing the core sessions, less intensive follow-up meetings furnished monthly help ensure that the participants maintain healthy behaviors. The primary goal of the expanded model is at least 5 percent weight loss by participants. The National DPP is based on the results of the Diabetes Prevention Program (DPP) study funded by the National Institutes of Health (NIH). The study found that lifestyle changes resulting in modest weight loss sharply reduced the development of type 2 diabetes in people at high risk for the disease.

### Coverage rationale

The [Medicare Diabetes Prevention Program](#) sessions are offered over a two year period and delivered by certified coaches through a MDPP recognized supplier.

Member eligibility requirements for enrollment in Core Sessions:

- The patient is an active member of Care Wisconsin’s Partnership-Medicare or Dual Advantage program;
- With a Body Mass Index (BMI) of at least 25 (23 if self-identified as Asian) on the date of the first core session;
- Meet 1 of 3 blood test requirements within the 12 months prior to attending the first core session:
  - A hemoglobin A1c test with a value between 5.7% and 6.4%, or
  - A fasting plasma glucose of 110-125 mg/dL, or
  - A 2-hour plasma glucose of 140-199 mg/dL (oral glucose tolerance test)
- No previous diagnosis of diabetes prior to the date of the first core session (with exception of gestational diabetes), however, if a member develops diabetes during the MDPP services period, this diagnosis would not prevent the beneficiary from continuing to receive MDPP services.
- Do not have end-stage renal disease (ESRD)
- Has not previously received MDPP services

Member’s meeting these requirements are eligible for the core benefit, consisting of at least 16 weekly core sessions over months 1 through 6 and at least 6 monthly core maintenance sessions over months 7 through 12, furnished regardless of weight loss.

To be eligible for the on-going maintenance sessions for up to one year, members must attend at least two out of three monthly ongoing maintenance sessions and maintain 5% weight loss at least once in the previous ongoing maintenance session interval to be eligible for additional intervals after the first.

Service	Procedure Code	Prior Authorization Requirements
1 <sup>st</sup> Core Session	G9873	Prior authorization required
Additional core sessions	G9874-G9879	Prior authorization required
Ongoing maintenance sessions	G9882-G9885	No Prior authorization required, but reimbursement is contingent on

		member participation goal maintenance
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**Requesting prior authorization:**

- To prior authorize the Core sessions, please complete the [Procedure and Imaging Prior Authorization Form](#)
- Include documentation to support the eligibility criteria, including BMI and blood test requirements.
- Fax to 608-210-4050