



# MONTANA HEALTHCARE PROGRAMS NOTICE

May 8, 2023

## CAH, FQHC, Hospital Outpatient, IHS, Mid-Level, Nutritionist/Dietician, Physician, Public Health Clinic, and RHC Providers

**Revised**

### Diabetes Prevention Program (DPP) Information

More than one in three U.S. adults have prediabetes and about 84% do not know it. A way to delay or prevent the progression of prediabetes into type 2 diabetes is to participate in the National Diabetes Prevention Program (DPP). The National DPP is a proven lifestyle change program. Class members learn to eat healthy and increase exercise habits to help them lose weight.

The program:

- Is a 12-month program with 16 weekly sessions during the first 6 months and up to 6 monthly follow-up sessions during the second 6 months;
- Is a group-based program which provides support and accountability to all class members;
- Provides classes that focus on lifestyle change strategies to improve nutrition and exercise habits;
- Is led by a trained lifestyle coach; and
- Provides classes that are delivered in-person as well as virtually (online, distance learning).

[For more information about the National DPP, visit the Montana DPP Story Map.](#)

#### Who Qualifies as a Participant of the DPP

- Patients qualify for the National DPP with a diagnosis of prediabetes **or** by meeting other program eligibility criteria below:
  - **Prediabetes:** (Fasting glucose of 100-125 mg/dL **OR** A1C between 5.7% and 6.4%)
- Adults 18 years or older with a body mass index (BMI) of 25 or greater (23 or greater if Asian) **plus one or more** of the following risk factors for heart disease and type 2 diabetes:
  - Blood pressure of at least 130/80 mmHg or treatment;
  - Triglycerides greater than 150 mg/dL;
  - LDL cholesterol greater than 130 mg/dL or treatment;
  - HDL cholesterol less than 40 mg/dL for men, less than 50 mg/dL for women;
  - History of gestational diabetes mellitus; and/or
  - Score 5 or more on the [Prediabetes Risk Test](#).(Watch this short video about [Taking the Prediabetes Risk Test](#).)

**Montana participants of the National DPP may qualify for payment coverage through Medicare, Medicaid, private insurance, private pay, or other sources.**

#### How to Qualify as a Medicaid Provider of the DPP

Eligible provider groups are:

- Physicians;
- Mid-level practitioners;
- Registered dieticians who also hold a current Montana license as a nutritionist;

- Hospitals;
- Federally Qualified Health Centers;
- Rural Health Clinics;
- Indian and Tribal health services;
- Groups/Clinics; or
- Public health departments.

Potential providers must contract with the Montana DPP through the Public Health and Safety Division of Montana Department of Health and Human Services. **Contact Ann Lanes, Montana Diabetes Prevention Program Coordinator, via email [Lorraine.Lanes@mt.gov](mailto:Lorraine.Lanes@mt.gov) or telephone (406) 444-6894.**

Eligible providers must meet the following requirements:

- Have a trained lifestyle coach on staff delivering the program using a standardized curriculum and reporting data to the Public Health and Safety Division of the Montana Department of Public Health and Human Services' Diabetes Program.
  - The lifestyle coach must be a Registered Dietician **OR** a Certified Diabetes Care and Education Specialist Educator.
- Provide the group-based program using one of the approved Center for Disease Control and Prevention (CDC) National DPP Lifestyle Change Program curriculums and delivery format.
  - The National Diabetes Prevention Program uses the following delivery format:
    - Core Program: 16 weekly sessions delivered in first 6 months of the program, and
    - Core Maintenance Program: 6 consecutive monthly sessions
      - Physical activity coaching to prevent diabetes
      - Group nutrition counseling to prevent diabetes
- Telehealth cohorts must provide live interaction, via technology, with the lifestyle coach following the same protocol as in-person cohorts.

**Providers are encouraged to implement or increase the utilization of the prediabetes risk test and/or completing a blood glucose test to screen patients for prediabetes and refer to a National DPP.**

### **Tips for Screening Patients**

- All adults should be screened with a test for prediabetes and type 2 diabetes starting at the age of 35.
  - Adults can take a prediabetes risk test and/or a blood glucose test. A blood glucose test should be administered to all patients who score high on the risk test.
  - Patients who take medications or who have health conditions that may put them at a higher risk for prediabetes or type 2 diabetes should be given special consideration.
- Use waiting time to administer the paper risk test.
  - Consider giving the test verbally instead of giving patients a paper copy to fill out. This approach may help establish a connection with patients and make it easier to personalize your recommendations. The risk test typically takes about 2 minutes to complete.
- It is better for participants to enroll in the National DPP on the basis of blood glucose test results. You should encourage a blood glucose test for any patient who scores high on the risk test.

**DPP is a covered service by Montana Medicaid.**

## Medicaid Limitations

- Providers must be enrolled in the Montana Medicaid Program.
- Providers must be approved and contracted with the Montana Department of Public Health and Safety Division.
- Providers must adhere to the following:
  - Montana Medicaid State Plan, effective date July 1, 2016, and Administrative Rule of Montana (ARM 37.86.5401-5404)
    - Group outpatient DPP claims are limited to one session per person per day.

## Medicaid Reimbursement

- Submit claim to Montana Medicaid on appropriate claim form for provider type:
  - CMS-1500
  - UB-04
- Revenue code 942 (Education)
- Procedure code 0403T
- Reimbursement effective January 1, 2023 – \$30.50

**Providers are encouraged to refer eligible Montana Medicaid members to a National DPP. A list of active Montana Medicaid DPP providers is included on page 4 of this provider notice following the Contact and Website Information section.**

## Contact and Website Information

If you have questions, please contact:

- Ann Lanes, Montana Diabetes Prevention Program Coordinator, at (406) 444-6894 or email [Lorraine.Lanes@mt.gov](mailto:Lorraine.Lanes@mt.gov)
- Linda Skiles-Hadduck, Medicaid Diabetes Prevention Program Officer, at (406) 444-6868 or email [LSkiles-Hadduck@mt.gov](mailto:LSkiles-Hadduck@mt.gov)

For claims questions or additional information, contact Montana Provider Relations at (800) 624-3958 or (406) 442-1837 or email [Montana Provider Relations Helpdesk](#).

Visit the [Montana Healthcare Programs Provider Information website](#) to access your provider type page. Choose Resources by Provider Type in the left-hand menu.

## Active Montana Medicaid DPP Providers

<b>CITY/TOWN</b>	<b>PROVIDER</b>
Anaconda	Community Hospital of Anaconda
Ashland	Ashland Community Health Center
Baker	Fallon Medical Complex
Big Timber	Pioneer Medical Center (Sweet Grass County)
Billings	Billings Clinic
Billings	Intermountain Healthcare (previously SCL Health St. Vincent)
Box Elder (Rocky Boy)	Rocky Boy Tribal Health
Bozeman	Bozeman Health Deaconess Diabetes & Nutrition Center
Bozeman	Gallatin City/County Health Department
Broadus	Powder River Medical Clinic
Browning (Blackfeet)	Blackfeet Tribal Health Department/Southern Piegan Health Center
Butte	Intermountain Healthcare (previously SCL Health St. James/Butte Diabetes Network)
Chester	Liberty Medical Center
Choteau	Teton County/Teton County Courthouse Annex
Colstrip	Colstrip Medical Center
Cut Bank	Northern Rockies Medical Center
Ekalaka	Dahl Memorial Healthcare
Eureka	Eureka Healthcare Primary Care
Forsyth	Rosebud Health Care Center
Glendive	Glendive Medical Center
Great Falls	Benefis Health System
Great Falls	Great Falls Clinic
Havre	Northern Montana Health Care
Helena	St. Peter's Health
Jordan	Garfield County Health Center
Kalispell	Logan Health/The Summit Medical Fitness Center
Lewistown	Central Montana Medical Center
Libby	Cabinet Peaks Medical Center
Livingston	Park County Health Department
Miles City	Billings Clinic Miles City
Miles City	Holy Rosary Healthcare
Missoula	Missoula City-County Health Department/Broadway Building Conference Center
Missoula	Providence St. Patrick Hospital
Plains	Clark Fork Valley Hospital and Family Medicine Network
Plentywood	Sheridan Memorial Hospital
Polson	Polson Health
Polson	Providence St. Joseph Medical Clinic
Red Lodge	Beartooth Billings Clinic
Roundup	Roundup Memorial Healthcare
St. Ignatius (Flathead)	Confederated Salish and Kootenai Tribes St. Ignatius Health Center
White Sulphur Springs	Mountainview Medical Center
Wibaux	Wibaux Clinic