

# PARTNERSHIP HEALTHPLAN OF CALIFORNIA

## POLICY / PROCEDURE

|  |   |  |   |  |  |
|--|---|--|---|--|--|
| <b>Policy/Procedure Number:</b> MCCP2026                                       |   |  | <b>Lead Department:</b> Health Services   |  |  |
| <b>Policy/Procedure Title:</b> Diabetes Prevention Program                     |   |  | <input checked="" type="checkbox"/> <b>External Policy</b><br><input type="checkbox"/> <b>Internal Policy</b> |  |  |
| <b>Original Date:</b> 03/13/2019<br><b>Effective Date:</b> 01/01/2019 per DHCS |   | <b>Next Review Date:</b> 06/12/2025<br><b>Last Review Date:</b> 06/12/2024 |   |  |  |
| <b>Applies to:</b>   | <input checked="" type="checkbox"/> <b>Medi-Cal</b> |  | <input type="checkbox"/> <b>Employees</b>   |  |  |
| <b>Reviewing Entities:</b>   | <input checked="" type="checkbox"/> <b>IQI</b>      | <input type="checkbox"/> <b>P &amp; T</b>                                  | <input checked="" type="checkbox"/> <b>QUAC</b>   |  |  |
|  | <input type="checkbox"/> <b>OPERATIONS</b>          | <input type="checkbox"/> <b>EXECUTIVE</b>                                  | <input type="checkbox"/> <b>COMPLIANCE</b>  | <input type="checkbox"/> <b>DEPARTMENT</b>             |  |
| <b>Approving Entities:</b>   | <input type="checkbox"/> <b>BOARD</b>               | <input type="checkbox"/> <b>COMPLIANCE</b>                                 | <input type="checkbox"/> <b>FINANCE</b>   | <input checked="" type="checkbox"/> <b>PAC</b>         |  |
|  | <input type="checkbox"/> <b>CEO</b>                 | <input type="checkbox"/> <b>COO</b>  | <input type="checkbox"/> <b>CREDENTIALING</b>   | <input type="checkbox"/> <b>DEPT. DIRECTOR/OFFICER</b> |  |
| <b>Approval Signature:</b> Robert Moore, MD MPH MBA                            |   |  | <b>Approval Date:</b> 06/12/2024  |  |  |

**I. RELATED POLICIES:**

- A. MCUP3052 - Medical Nutrition Services
- B. MPCR701 - Ancillary Care Services Provider Credentialing and Re-credentialing Requirements

**II. IMPACTED DEPTS:**

- A. Health Services
- B. Claims
- C. Member Services

**III. DEFINITIONS:**

- A. Diabetes Prevention Program (DPP): An evidence-based lifestyle change program, taught by lifestyle coaches designed to prevent or delay the onset of type 2 diabetes among individuals diagnosed with pre-diabetes.
- B. Lifestyle Coach (also known as Peer Coaches): A person formally trained in Centers for Disease Control and Prevention (CDC) approved curriculum for a minimum of 12 hours or approximately two days. A lifestyle coach may have credentials [e.g. Physician, Registered Dietician (RD), and Registered Nurse (RN)], but they are not required. The CDC approved training may be provided by one of the following:
  - 1. A training entity listed on the CDC website
  - 2. A private organization with a national network of CDC recognized program sites
  - 3. A CDC recognized virtual organization with national reach or
  - 4. A Master Trainer, as designated by the CDC recognized program, who has delivered that lifestyle change program for at least one year and has completed a Master Trainer program offered by a training entity listed on the CDC website.

**IV. ATTACHMENTS:**

- A. NA

**V. PURPOSE:**

To describe the Diabetes Prevention Program and provide eligibility requirements and processes for participation.

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## VI. POLICY / PROCEDURE:

### A. Program Description

The Diabetes Prevention Program is an evidence-based lifestyle change program established by the CDC, taught by lifestyle coaches and designed to prevent or delay the onset of type 2 diabetes among individuals diagnosed with pre-diabetes.

### B. Eligibility Criteria

1. Members must meet the CDC Diabetes Prevention Program eligibility requirements to qualify for participation in the DPP benefit. The requirements are as follows:
  - a. Must be 18 years or older
  - b. Must not be pregnant at the time of enrollment. (A participant who becomes pregnant during the program may continue at the discretion of their health care provider and the program delivery organization.)
  - c. Must have a body mass index (BMI) of  $\geq 25 \text{ kg/m}^2$  ( $\geq 23 \text{ kg/m}^2$  if Asian American)
  - d. Must have a positive screening for pre-diabetes based on the CDC Prediabetes Screening Test <https://www.cdc.gov/diabetes/prevention/pdf/Prediabetes-Risk-Test-Final.pdf>
  - e. All program participants must be considered eligible based on either:
    - 1) A blood test within the past year meeting one of the following specifications:
      - a) Fasting glucose of 100 to 125 mg/dl
      - b) Plasma glucose measured 2 hours after a 75 g glucose load of 140 to 199 mg/dl
      - c) A1c of 5.7 to 6.4
      - d) Clinically diagnosed gestational diabetes mellitus (GDM) during a previous pregnancy (may be self-reported)
2. Participants cannot have a previous diagnosis of type 1 or type 2 diabetes prior to enrollment.
3. A health care professional may refer potential participants to the program, but a referral is not required for participation. Members meeting the eligibility criteria may self-refer.

### C. Provider Requirements

1. Diabetes Prevention Program providers must comply with the most current CDC Diabetes Prevention Recognition Program (DPRP) guidelines and obtain pending, preliminary or full CDC recognition.
2. DPP Providers must use a CDC approved lifestyle change curriculum that includes all of the following:
  - a. Emphasizes self-monitoring, self-efficiency and problem solving
  - b. Provides for coach feedback
  - c. Includes participant materials to support program goals
  - d. Requires participant weigh-ins to track and achieve program goals

### D. Program Structure

1. The core DPP benefit includes a minimum of 22 DPP sessions for the first 12 months of the DPP benefit. These visits are typically once a week for the first 6 months.
2. The core benefit is followed by maintenance sessions once a month for the next 6 months.
3. Thereafter, Partnership will cover 12 months of ongoing maintenance sessions to qualified members to promote continued healthy behavior. A member qualifies for the ongoing maintenance sessions if:
  - a. The member achieves and/or maintains a minimum weight loss of 5% from the first core session, and
  - b. The member meets the attendance requirement as outlined in the Medi-Cal Manual in accordance with Department of Health Care Services (DHCS) All Plan Letter [\(APL\) 18-018](#) Diabetes Prevention Program (11/16/2018).

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4. Weigh-ins are required, but may be obtained in these ways:
  - a. In person at a DPP Session or DPP Provider location
  - b. Remote weigh-in at the member's home using scales with digital or Bluetooth communications ability
  - c. Self-reported weigh-ins with or without confirmatory documentation
- E. Delivery Methods for DPP Sessions  
Partnership will cover the following methods for DPP sessions as deemed clinically appropriate:
  1. In-Person: Members must be physically present in a classroom or classroom-like setting with a lifestyle coach.
  2. Distance Learning: Distance learning occurs when lifestyle coaches deliver sessions via remote classroom or telehealth. The lifestyle coach is present in one location while participants call in or participate by video-conference from another location.
  3. Online: Online delivery can be conducted either through synchronous real-time interactive audio and video telehealth communication or through asynchronous store and forward telehealth communication.
  4. Combination: Members may use a combination of in-person, distance learning or online delivery methods.
- F. Frequency  
The benefit may be offered as often as necessary, but the member's medical record must indicate that the member's medical condition or circumstance warrants repeat or additional participation in the DPP benefit. Examples of circumstance that may warrant repeat or additional participation include:
  1. Member switched enrollment from one Managed Care Plan (MCP) to a different MCP
  2. Member transitioned from Fee for Service Medi-Cal into an MCP
  3. Member moved to a different county
  4. Member experienced a lapse in Medi-Cal enrollment
  5. Member has or had medical conditions that hinder DPP session attendance
- G. Curriculum and Translations
  1. Partnership will ensure that DPP providers use a CDC approved curriculum. DPP Providers may use either the official CDC curriculum or a modified curriculum that has been approved by the CDC.
  2. Partnership will monitor the DPP providers to ensure that the DPP services are provided in a culturally and linguistically appropriate manner and that the curriculum materials are translated and made available to members in a timely manner and meet all the requirements per Welfare and Institutions Code (WIC) Section [14029.91](#), [Part 92](#) of Title 45 of the Code of Federal Regulations (CFR) and Section 1557 of the federal Patient Protection and Affordable Care Act [42 United States Code (USC) Section [18116](#)].
- H. Documentation of Performance-Based Codes  
Partnership will ensure that any DPP providers are informed and comply with all applicable state and federal laws and regulations, contract requirements and other Department of Health Care Services (DHCS) guidance, including All Plan Letters (APLs) and Policy Letters.
- I. Ancillary Care Services Provider  
Partnership credentials and re-credentials all of the types of ancillary care service providers which includes DPP, refer to Partnership Policy MPCR701 - Ancillary Care Services Provider Credentialing and Re-credentialing Requirements for more details.
- J. Partnership Medical Equipment Distribution Services (PMEDS) Program  
Members may be able to obtain certain medical devices (scales, etc.) through the PMEDS program when they meet medical criteria and their Provider submits a request form on their behalf. Forms can be found on the Partnership website at [www.partnershipphp.org](http://www.partnershipphp.org) in the Provider Section. Keywords: Medical Equipment Distribution Services Request Form.

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**VII. REFERENCES:**

- A. [DHCS All Plan Letter \(APL\) 18-018](#) Diabetes Prevention Program (11/16/2018)
- B. Welfare and Institutions Code (WIC) Section [14029.91](#)
- C. [Part 92](#) of Title 45 of the Code of Federal Regulations (CFR)
- D. Section 1557 of the federal Patient Protection and Affordable Care Act [42 United States Code (USC) Section [18116](#)]
- E. Centers for Disease Control and Prevention, Diabetes Prevention Recognition Program Standards and Operating Procedures, <http://www.cdc.gov/diabetes/prevention/pdf/dprp-standards.pdf> May 1, 2021

**VIII. DISTRIBUTION:**

- A. Partnership Department Directors
- B. Partnership Provider Manual

**IX. POSITION RESPONSIBLE FOR IMPLEMENTING PROCEDURE:** Chief Health Services Officer

**X. REVISION DATES:** 06/12/19; 06/10/20; 06/09/21; 06/08/22; 06/14/23; 06/12/24

**PREVIOUSLY APPLIED TO:**

N/A