

**PARTNERSHIP HEALTHPLAN OF CALIFORNIA**  
**GUIDELINE/ PROCEDURE**

<b>Guideline/Procedure Number:</b> MPXG5002 (previously XG100502)			<b>Lead Department:</b> Health Services	
<b>Guideline/Procedure Title:</b> Clinical Practice Guidelines for Diabetes Mellitus			<input checked="" type="checkbox"/> <b>External Policy</b> <input type="checkbox"/> <b>Internal Policy</b>	
<b>Original Date:</b> 04/19/2000		<b>Next Review Date:</b> 05/08/2025 <b>Last Review Date:</b> 05/08/2024		
<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 type="checkbox"/> <b>OPERATIONS</b>		<input type="checkbox"/> <b>EXECUTIVE</b>	
<b>Approving Entities:</b>	<input type="checkbox"/> <b>BOARD</b>		<input type="checkbox"/> <b>COMPLIANCE</b>	
	<input type="checkbox"/> <b>CEO</b> <input type="checkbox"/> <b>COO</b>		<input type="checkbox"/> <b>CREDENTIALING</b>	
			<input checked="" type="checkbox"/> <b>QUAC</b>	
			<input type="checkbox"/> <b>COMPLIANCE</b> <input type="checkbox"/> <b>DEPARTMENT</b>	
			<input checked="" type="checkbox"/> <b>FINANCE</b> <input checked="" type="checkbox"/> <b>PAC</b>	
			<input type="checkbox"/> <b>DEPT. DIRECTOR/OFFICER</b>	
<b>Approval Signature:</b> Robert Moore, MD, MPH, MBA			<b>Approval Date:</b> 05/08/2024	

**I. RELATED POLICIES:**

- A. MPUG3025 - Insulin Infusion Pump and Continuous Glucose Monitor Guidelines
- B. MCUP3052 - Medical Nutrition Services
- C. MCCP2026 - Diabetes Prevention Program

**II. IMPACTED DEPTS:**

Health Services

**III. DEFINITIONS:**

N/A

**IV. ATTACHMENTS:**

- A. N/A

**V. PURPOSE:**

Diabetes is a group of metabolic diseases characterized by hyperglycemia resulting from defects in insulin secretion, insulin action, or both. The chronic hyperglycemia of diabetes is associated with long-term damage, dysfunction, and failure of different organs, especially the eyes, kidneys, nerves, heart, and blood vessels.

**VI. GUIDELINE / PROCEDURE:**

**A. KEY POINTS IN DIAGNOSIS AND MANAGEMENT**

1. Diagnosis Criteria for the diagnosis of diabetes
  - a. A1C  $\geq$  6.5%; or
  - b. Fasting plasma glucose  $\geq$  126 mg/ dL; or
  - c. 2-h plasma glucose  $\geq$  200 mg/dL during an oral glucose tolerance test
  - d. In a patient with classic symptoms of hyperglycemia or hyperglycemic crisis, a random plasma glucose  $\geq$  200 mg/dL;
  - e. In the absence of unequivocal hyperglycemia, the result should be confirmed by repeat testing.
2. On-going Care Management and Treatment: The glycemic goal in adults is the lowering of Hemoglobin A1C to below 8%, unless contraindicated based on age, comorbid conditions, risk of hypoglycemia, and/or no access to resources or support systems. The principles of treatment consist of lifestyle modifications (e.g., physical activity and exercise, nutrition, smoking cessation, immunization); pharmacotherapy, appropriate weight management, diabetes self-management education, depression screening, management of co-morbidities (e.g., hypertension, dyslipidemia),

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screening for and treatment of complications of diabetes (e.g., coronary heart disease, nephropathy, retinopathy, neuropathy, foot care).

**B. MEDICATIONS**

The pharmacy benefit is carved-out to Medi-Cal Fee-for-Service (Medi-Cal Rx) as described in the Department of Health Care Services' All Plan Letter ([APL 22-012](#)) and the Governor's Executive Order N-01-19 effective January 1, 2022.

**C. INDICATORS MONITORED BY Partnership:** These indicators will be monitored for measurement of adherence to this guideline.

1. Healthcare Effectiveness Data and Information Set (HEDIS®)
  - a. Retinal eye exam
  - b. Glycemic Status Assessment for Patients with Diabetes
  - c. Blood pressure control (<140/90 mm Hg)
2. Primary Care Provider Quality Improvement Program
  - a. Retinal eye exam
  - b. A1C good control (< 9%)

**VII. REFERENCES:**

- A. American Diabetes Association: Standards of Medical Care in Diabetes 2024.  
<https://diabetesjournals.org> and  
[https://diabetesjournals.org/care/article/47/Supplement\\_1/S5/153943/Summary-of-Revisions-Standards-of-Care-in-Diabetes](https://diabetesjournals.org/care/article/47/Supplement_1/S5/153943/Summary-of-Revisions-Standards-of-Care-in-Diabetes)
- B. [Partnership Department of Health Care Services \(DHCS\) All Plan Letter \(APL\) 22-012 Governor's Executive Order N-01-19, Regarding Transitioning Medi-Cal Pharmacy Benefits from Managed Care to Medi-Cal Rx \(revised Dec. 30, 2022 supersedes APL 20-020\)](#)

**VIII. DISTRIBUTION:**

- A. HS Department UM Staff
- B. Partnership Provider Manual
- C. Partnership Department Directors

**IX. POSITION RESPONSIBLE FOR IMPLEMENTING PROCEDURE:** Chief Medical Officer

**X. REVISION DATES:**

Medi-Cal

12/19/01; 09/18/02; 09/15/04; 11/17/04; 03/21/07; 04/21/10; 06/20/12; 06/18/14; 10/19/16; \*02/14/18; 04/10/19; 05/13/20; 05/12/21; 05/11/22; 05/10/23; 05/08/24

\*Through 2017, Approval Date reflective of the Quality/Utilization Advisory Committee meeting date. Effective January 2018, Approval Date reflects that of the Physician Advisory Committee's meeting date.

**PREVIOUSLY APPLIED TO:**

Partnership Advantage

MPXG5002 - 03/21/2007 to 01/01/2015

Healthy Families

MPXG5002 - 05/18/2007 to 03/01/2013

Healthy Kids (Healthy Kids program ended 12/01/2016)

04/21/10; 06/20/12; 06/18/14; 10/19/16 to 12/01/16

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