

# FACTS



## Diabetes Self-Management Training Initiative (DSMT)

### BACKGROUND

About 27% of Medicare beneficiaries have diabetes. Studies have shown that effective management of diabetes decreases mortality and morbidity and may also lower future medical care costs. Medicare has a Diabetes Self-Management Training (DSMT) benefit designed to educate beneficiaries and provide tools to help them take an active role in managing their condition.

### GOAL OF INITIATIVE

The goal of this initiative is to assist area agencies on aging (AAAs) with set up of diabetes self-management programs that are sustained through Medicare reimbursement. The Medicare benefit only recognizes accredited DSMT programs. Accredited programs are eligible to receive Medicare recognition and subsequent reimbursement. The two Medicare-recognized accrediting organizations are the American Diabetes Association and the American Association of Diabetes Educators.

Only Medicare providers can receive Medicare reimbursement for accredited DSMT programs for eligible Medicare beneficiaries. Therefore prior to applying for accreditation, each site must first identify a Medicare provider to bill Medicare. The AAA and Medicare provider partner negotiate an equitable distribution of the reimbursement. The Medicare provider partner can be a physician, Federally Qualified Health Center, hospital, clinic, or other qualified entity with a valid Medicare billing number. For this initiative, AoA developed a business model that uses the Stanford Diabetes Self-Management Program and an added medical nutrition therapy component.

### PROGRAM HISTORY

In the proof of concept phase of the pilot to demonstrate program sustainability, AoA began assisting several AAAs seeking Medicare reimbursement for DSMT.

Each site has received technical assistance through on-site visits, webinars, negotiation tips and techniques, a draft reimbursement toolkit and other one-on-one personalized assistance.

### STATUS

As of July 1, 2012, two AAAs in the pilot have submitted for and received accreditation, and one has submitted a Medicare claim (through its Medicare provider) and received Medicare reimbursement. Several of the other sites in the initial pilot are very close to achieving all of the milestones leading to sustainable Medicare reimbursement.

### PROGRAM CONTENT

Each participating site is providing the Stanford Diabetes Self-Management Program (DSMP) curriculum to participants. They are providing the program in a manner that maintains fidelity to the Stanford Program, while adding program enhancements to meet the rigorous accreditation standards. Program enhancements include an advisory council, a primary qualified instructor, medical records management, and a continuous quality improvement program. The sustainable model also incorporates providing medical nutrition therapy (MNT) with the DSMT. MNT is eligible for Medicare reimbursement.

### WEBSITES

American Diabetes Association (ADA):  
<http://professional.diabetes.org/Recognition.aspx?typ=15&cid=84040>

American Association of Diabetes Educators (AADE):  
<http://www.diabeteseducator.org/ProfessionalResources/accred/>

Stanford University DSMP Information:  
<http://patienteducation.stanford.edu/programs/diabeteseng.html>

FOR MORE INFORMATION ABOUT AOA

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