THE TIME IS NOW TO START YOUR OWN QUALITY DSMT PROGRAM.

CMS recognizes diabetes self-management training (DSMT) access and under-utilization are a problem.

**BENEFITS**

<table>
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<tr>
<th>DSMT</th>
<th>Diabetes self-management training</th>
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<td>DSMT utilization for Medicare and commercial plans consistently has been around 5% across the nation¹</td>
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<td>Only 54.4% of adults with type 2 diabetes report ever attending a class to manage their diabetes²</td>
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<td><strong>54.4%</strong> Decreases A1C</td>
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<td><strong>54.4%</strong> Improves medication adherence</td>
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<tr>
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<td><strong>54.4%</strong> Lowers overall healthcare costs</td>
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¹ CDC, 2014, https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6346a2.htm?s_cid=mm6346a2_e

**REIMBURSEMENT**

Example revenue for physician offices/clinics/hospital outpatient programs:

- 10 hours of group diabetes self-management training (DSMT) for 10 patients = $2,956.00
- Less staff salaries* for 10 hours ($300)
- **ESTIMATED REVENUE = $2,656**

*Staff salaries are the largest cost. Some smaller costs also include materials and class space.

Federally Qualified Health Centers (FQHCs) can bill for individual DSMT as a medical visit and are paid the current CMS per diem rate (~$160) for FQHCs.

Rural health centers (RHCs) can report the cost of doing DSMT on annual cost report. (No separate bill for DSMT is allowed.)

**DID YOU KNOW?**

2017 National Payment Rates for DSMT (Fee-for-Service, CMS Physician Fee Schedule)

- **Group**
  - 2 hours of class = $58.84 per
- **Individual**
  - 2 hours of class = $228 per

Medicare covers:
- 10 hours the 1st year and 2 hours follow-up each year after

**PATHWAY TO MEDICARE DSMT REIMBURSEMENT**

- Must become American Association of Diabetes Educators (AADE) - accredited or American Diabetes Association (ADA) - recognized to be able to bill Medicare
- Send AADE or ADA certificate to CMS
- Set up billing with CMS for DSMT
- FFS clinics and FQHCs: bill for DSMT and get reimbursed
- RHCs: report DSMT costs on annual report

Your Medicare Quality Improvement Network-Quality Improvement Organization (QIN-QIO) offers free, high-quality tools and assistance that align with CMS, AADE, and ADA standards.

Contact your Diabetes QI Advisor at:

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This material was prepared by Telligen, the Quality Innovation Network National Coordinating Center, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. 11SOW-QINNCC-01637-09/11/17

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EDC Everyone with Diabetes Counts