



CARDI•OH
Ohio Cardiovascular and Diabetes Health Collaborative

As of May 2022

2022: National Diabetes Prevention Program Covered by All Ohio Medicaid Managed Care Plans

Program Description

The National Diabetes Prevention Program (NDPP) is an evidence-based, 1-2 year program offered as a weekly group class that engages participants to make and achieve changes in diet, exercise, tracking, and behavioral skills to achieve recommended weight loss and behavior change. Now offered through web-based platforms as a result of the COVID-19 pandemic, and largely in person before, participation in the NDPP at recommended levels is shown to reduce the risk of developing diabetes by 56%. Referral of a patient with prediabetes to a NDPP is the first-line recommendation by the Centers for Disease Control and Prevention (CDC) and other organizations.

If the patient has no significant barriers to learning, is an appropriate learner, at least with support, in a group setting, then the NDPP can be recommended. The NDPP can be recommended even if a person is also pursuing medical or surgical treatment for obesity. See the [National DPP's Coverage Toolkit](#) for patient flyers and programs in your region in which to refer patients.

Source: Ohio Cardiovascular and Diabetes Health Collaborative. Effective Diabetes Prevention for Adults: Prediabetes Screening and Treatment. cardi-oh.org/best-practices/lifestyle/effective-diabetes-prevention-for-adults-prediabetes-screening-and-treatment. Updated March 2021. Accessed April 27, 2022.

Payment for Services

Medicaid payment for National Diabetes Prevention Program (NDPP) services has been established for physicians, physician assistants, and advanced practice registered nurses effective January 1, 2022. Coverage of NDPP services is being established to prevent individuals with prediabetes from developing type 2 diabetes. OAC rule 5160-8-53(C) outlines requirements for coverage and payment of NDPP services. Ohio Medicaid NDPP services are education and counseling services provided by physicians, physician assistants, and advanced practice registered nurses to teach and encourage positive lifestyle changes like healthy diet, daily physical activity, and positive coping skills. Ohio Department of Medicaid has established coverage for in-person (0403T) and online (0488T) NDPP services for individuals with prediabetes, a history of gestational diabetes, or who present as high-risk for developing prediabetes. In-person services are billed in one-hour sessions and have a lifetime maximum of fifty-two sessions. Online services are billed monthly and have a lifetime maximum of 24 months.

For more information, see [Ohio Department of Medicaid Transmittal Letter No. 3336-21-15](#) (Subject: Coverage and Payment of Diabetes Prevention and Self-Management Training Services).

The Ohio Cardiovascular and Diabetes Health Collaborative is funded by the Ohio Department of Medicaid and administered by the Ohio Colleges of Medicine Government Resource Center. The views expressed in this document are solely those of the authors and do not represent the views of the state of Ohio or federal Medicaid programs.

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