

# Diabetes Self-Management Education Covered by all Ohio Medicaid & MyCare Ohio Managed Care Plans

	Diabetes Self-Management Education (DSME)	Medical Nutrition Therapy (MNT)
<b>Description</b>	“Ongoing process of facilitating the knowledge, skills, and ability necessary for diabetes self-care, and activities that assist with implementing and sustaining the behaviors needed to manage his or her condition on an ongoing basis, beyond or outside of formal self-management training.” The ADA recommends four critical times to evaluate the need for DSME: at diagnosis, annually &/or when treatment targets are not met, when complicating factors develop, and when transitions of life/care occur.	Defined as a “nutrition-based treatment provided by a registered dietitian.” It includes a nutrition diagnosis as well as therapeutic and counseling services to help manage diabetes.
<b>Program Components</b>	Core content including seven self-care behaviors: <ul style="list-style-type: none"> <li>▪ Diabetes pathophysiology and treatment options</li> <li>▪ Healthy eating</li> <li>▪ Physical activity</li> <li>▪ Medication usage</li> <li>▪ Monitoring and using patient health data</li> <li>▪ Preventing, detecting, and treating acute and chronic complications</li> <li>▪ Healthy coping with psychosocial issues and concerns</li> <li>▪ Problem solving</li> </ul>	An intensive comprehensive service: <ul style="list-style-type: none"> <li>▪ Involves in-depth individualized nutrition assessment</li> <li>▪ Relies heavily on follow-up to provide repeated reinforcement to aid with behavior change</li> <li>▪ Establishes goals, a care plan, and interventions</li> <li>▪ Plans for follow-up over multiple visits to assist with behavioral and lifestyle changes relative to each individual’s nutrition problems and medical condition or disease</li> </ul>
<b>Program Benefits</b>	Improves health outcomes as patient maintains better control of A1C	Focuses on nutrition component for diabetes and A1C management
<b>Frequency</b>	Initial year: Up to 10 hours of initial training within a continuous 12-month period; or Subsequent years: Up to 2 hours of follow-up training each year after the initial year	Initial year: Up to 3 hours Subsequent years: 2 hours
<b>Provided by</b>	Diabetes educators: Medicaid provider, ADA-recognized and/or ADCES-accredited DSME Program  Refer to member’s Managed Care Plan for local network providers	Registered dietitians or nutritional professionals  Go to the Academy of Nutrition and Dietetics website to find a local registered dietitian: <a href="https://eatright.org/find-an-expert">eatright.org/find-an-expert</a>
<b>Codes</b>	Individual: G0108 Group (2 or more): G0109	Individual: 97802 (Initial) and 97803 (Subsequent) Group: 97804

## Sources

2017 National Standards for DSME — <https://diabetesjournals.org/care/article/40/10/1409/29569/2017-National-Standards-for-Diabetes-Self>

American Association of Diabetes Educators — <https://www.diabeteseducator.org/docs/default-source/practice/Entrepreneurial-DE/reimbursement-tips-2009.pdf?sfvrsn=0>

Medicare Reimbursement — <https://medicarepaymentandreimbursement.com/2016/02/hcpcs-code-g0108-g0109-covered-icd-10.html#:~:text=HCPCS%20code%20G0108%2C%20G0109%20-%20covered%20ICD%2010,DSMT%2C%20group%20%28%20or%20more%29%2C%20per%2030%20minutes>

2023 ADA Standards of Care in Diabetes — [https://diabetesjournals.org/care/issue/46/Supplement\\_1](https://diabetesjournals.org/care/issue/46/Supplement_1)

CDC — <https://www.cdc.gov/diabetes/dsmes-toolkit/reimbursement/medical-nutrition-therapy.html>