

# 2021: 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>          | <b>Initial year:</b> Up to 10 hours of initial training within a continuous 12-month period; or<br><b>Subsequent years:</b> Up to 2 hours of follow-up training each year after the initial year  | <b>Initial year:</b> Up to 3 hours<br><b>Subsequent years:</b> 2 hours  |
| <b>Provided by</b>        | Diabetes educators: Medicaid provider, ADA-recognized and/or ADCES-accredited DSME Program<br><br>Refer to member’s Managed Care Plan for local network providers   | Registered dietitians or nutritional professionals<br><br>Go to the Academy of Nutrition and Dietetics website to find a local registered dietitian: <a href="http://eatright.org/find-an-expert">eatright.org/find-an-expert</a>   |
| <b>Codes</b>              | <b>Individual:</b> G0108<br><b>Group (2 or more):</b> G0109   | <b>Individual:</b> 97802 (Initial) and 97803 (Subsequent)<br><b>Group:</b> 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://medicarepaymentandrebimbursement.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%282%20or%20more%29%2C%20per%2030%20minutes>

2021 ADA Standards of Care in Diabetes — [https://diabetesjournals.org/care/issue/44/Supplement\\_1](https://diabetesjournals.org/care/issue/44/Supplement_1)

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

