



Colorado Medicaid 2015 Diabetes Self-Management Education



Diabetes in Colorado - Medicaid Clients are Disproportionately Affected

- Approximately 7% of Coloradans have diabetes, but 53,600 Colorado Medicaid clients, or 11% of the Accountable Care Collaborative (ACC) members with a claims history, have a diagnosis of diabetes.
- Type 2 diabetes is more prevalent in populations with lower socioeconomic status
- The average annual spend per Colorado Medicaid client with diabetes is \$12,291 more than a client without diabetes
- The total annual spending related to diabetes for Colorado Medicaid is \$658,813,144
- Clients who receive Diabetes Self-Management Education (DSME) cost, on average, 5.7% less than clients who do not receive the education
- At 100% participation, Colorado Medicaid stands to save \$27,658,135 in a single year from DSME coverage

What is the DSME Program?

- The DSME team includes at least one Registered Nurse (RN), Registered Dietician (RD), Pharmacist, Certified Diabetes Educator (CDE), or a Board-Certified Advanced Diabetes Management professional (BC-ADM)
- DSME is an evidence-based program for people with diabetes and is proven to lower patient's blood sugar
- The overall objectives of DSME are to support informed decision-making, self-care behaviors, problem-solving and active collaboration with the health care team and to improve clinical outcomes, health status, and quality of life
- Specific self-care behaviors include:
 - Healthy eating and being active
 - Monitoring and taking medication
 - Problem solving and healthy coping
 - Reducing risks

New July 1

Benefit for Colorado Medicaid Clients

This benefit* provides up to 10 hours of diabetes-related training within a consecutive 12-month period following the submission of the first claim for the benefit which includes:

- One hour for either a group or individual assessment
- Nine hours for group-only diabetes education;
- Up to 2 hours of follow-up training each year after the initial 12-month period
- The training can be performed in any combination of 30 minute increments

**To bill for these services, you must be an American Diabetes Association (ADA) recognized or American Association of Diabetes Educators (AADE) accredited program. This program is managed by the Dept. of Health Care Policy & Financing and the Dept. of Public Health & Environment.*

Eligibility

Client that has a diagnosis of type 1, type 2, or gestational diabetes

Diagnostic Criteria

According to national coding and diagnostic standards, diabetes is defined as a condition of abnormal blood glucose metabolism using the following diagnostic criteria:

- A1C \geq 6.5% **OR**
- Fasting glucose \geq 126 mg/dL **OR**
- Two-hour post glucose challenge \geq 200 mg/dL **OR**
- A random glucose test \geq 200 mg/dL for a person with symptoms of uncontrolled diabetes

More Information

If you are interested in setting up an accredited DSME program at your clinic or office, please read the Colorado DSME Reimbursement Toolkit or contact one of the following:

Christine Fallabel, Colo. Department of Health Care Policy & Financing, Christine.Fallabel@state.co.us

Kelly McCracken, Colo. Department of Public Health & Environment, Kelly.McCracken@state.co.us

If you are interested in referring your Medicaid clients to an accredited DSME program, please click on the following links (or view the accompanying map) for DSME programs in your area.

ADA Accredited DSME sites:
http://professional.diabetes.org/ERP_List.aspx

AADE Accredited DSME sites:
<http://www.diabeteseducator.org/ProfessionalResources/accred/Programs.html#Colorado>