**2021-2022: Diabetes Self-Management Education Covered by all Ohio Medicaid Managed Care Plans**

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| **Summary of Diabetes Education** |
|  | **Diabetes Self-Management Education (DSME)** | **Medical Nutrition Therapy (MNT)** |
| **Description** | “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 nutritionist.” It includes “a nutrition diagnosis as well as therapeutic and counseling services to help manage diabetes. |
| **Program components** | Core Content including seven self-care behaviors:* Diabetes pathophysiology and treatment options
* Healthy eating
* Physical activity
* Medication usage
* Monitoring and using patient health data
* Preventing, detecting, and treating acute and chronic complications
* Healthy coping with psychosocial issues and concerns
* Problem solving
 | An intensive comprehensive service:* Involves in-depth individualized nutrition assessment
* Relies heavily on follow-up to provide repeated reinforcement to aid with behavior change
* Establishes goals, a care plan, and interventions
* 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
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| **Program Benefits** | Improves health outcomes as patient maintains better control of A1c | Focuses on nutrition component for diabetes and A1c management |
| **Frequency**  | Initial year: Up to 10 hours of initial training within a continuous 12-month period; orSubsequent 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  |
| **Provided by** | 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 dietician: <https://www.eatright.org/find-an-expert> |
| **Codes**  | Individual: G0108Group (2 or more): G0109  | Individual: 97802 (Initial) and 97803 (subsequent)Group: 97804 |

Sources: [2017 National Standards for DSME](https://care.diabetesjournals.org/content/40/10/1409); [American Association of Diabetes Educators](https://www.diabeteseducator.org/docs/default-source/practice/Entrepreneurial-DE/reimbursement-tips-2009.pdf?sfvrsn=0); [Medicare reimbursement](http://www.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%282%20or%20more%29%2C%20per%2030%20minutes); [2021 ADA Standards of Care in Diabetes](https://care.diabetesjournals.org/content/suppl/2020/12/09/44.Supplement_1.DC1); [CDC](https://www.cdc.gov/diabetes/dsmes-toolkit/reimbursement/medical-nutrition-therapy.html)