

Frequently Asked Questions (FAQs) for Medi-Cal Diabetes Prevention Program (DPP) Services

The following FAQs provide additional guidance and clarification to Medi-Cal providers regarding the DPP. As the Department of Health Care Services (DHCS) receives additional questions, this FAQ document will be updated and will be indicated by the version number and date on the footer.

Program Information

1. What is Medi-Cal's DPP?

Welfare and Institutions Code §14149.9 requires DHCS to establish the DPP as a Medi-Cal covered benefit. Medi-Cal's DPP will be consistent with the federal Centers for Disease Control and Prevention's (CDC's) guidelines, and will also incorporate many components of the Centers for Medicare and Medicaid Services' DPP in Medicare. The DPP curriculum promotes realistic lifestyle changes, emphasizing weight loss through exercise, healthy eating, and behavior modification, which may assist Medi-Cal beneficiaries diagnosed with prediabetes in preventing or delaying the onset of type 2 diabetes.

2. How long is Medi-Cal's DPP?

The DPP core benefit lasts one year and consists of at least 22 sessions, consistent with the CDC's Diabetes Prevention Recognition Program. Additional less intensive, ongoing maintenance sessions are also provided for eligible beneficiaries who achieve and maintain a required minimum weight loss of 5 percent from the first core session.

3. When is Medi-Cal's DPP available?

DPP became a Medi-Cal benefit on January 1, 2019.

4. Who is eligible for Medi-Cal's DPP?

Medi-Cal providers can recommend participation in the DPP to eligible full-scope Medi-Cal beneficiaries who meet the eligibility requirements of the [CDC's Diabetes Prevention Recognition Program](#).

5. What is prediabetes?

According to the CDC, prediabetes is a health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease, and stroke.

If you have prediabetes, weight loss and regular physical activity can lower your risk for developing type 2 diabetes. The DPP is a lifestyle change program that can help you make these changes and stick with them. If you are a Medi-Cal provider, diagnosing your patients with prediabetes and referring them to the DPP can help reduce their risk of developing type 2 diabetes.

6. Who can provide Medi-Cal DPP services?

DPP services are provided through trained “peer or lifestyle coaches” who use a curriculum approved by the CDC.

7. Who can be a peer or lifestyle coach for Medi-Cal?

A trained peer or lifestyle coach leads the program to help participants change certain aspects of their lifestyle, like eating healthier, reducing stress, and getting more physical activity. The program also includes group support from others who share similar goals and struggles. Peer coaches, or lifestyle coaches, teach the DPP classes and promote realistic lifestyle changes, emphasize weight loss through healthy eating and physical activity, and implement the DPP curriculum. Peer coaches can be:

- Physicians
- Nonphysician practitioners (e.g. physician assistants, nurse practitioners, etc.)
- Unlicensed persons who have been trained to teach the curriculum content

8. What does “CDC-Recognized” mean?

The CDC only recognizes programs that meet quality standards. Organizations that would like to offer CDC-recognized lifestyle change programs must submit an application to the CDC and meet certain standards, including having trained peer coaches and using a CDC-approved curriculum.

Programs must also track class results and send data to the CDC, as required by the CDC's Diabetes Prevention Recognition Program, to show that they are having an impact on preventing or delaying type 2 diabetes. The CDC reviews this data and provides feedback to the program.

Please visit the [CDC's National DPP webpage](#) for more information about the recognition process.

9. Does Medi-Cal cover online, virtual, or distance learning for DPP services?

Yes. Medi-Cal will reimburse online, combination, or distance learning for DPP services.

10. Will the CDC's DPP curriculum be made available in threshold languages to enrolled Medi-Cal providers and eligible beneficiaries?

DHCS is working to translate the CDC-approved curriculum into DHCS' required threshold languages. Once finalized, DHCS will publish the translated materials on the DHCS [website](#).

Beneficiaries with Fee-for-Service (FFS): How to Participate in a DPP

11. How can I participate in Medi-Cal's DPP?

If you are interested in participating in Medi-Cal's DPP, please inform your health care provider who can make sure you are eligible for the program and put you in touch with a DPP provider.

You can also participate in the program if you have a positive screening for prediabetes based on the [CDC Prediabetes Screening Test](#) or a screening result indicating high risk for type 2 diabetes on the hard copy or electronic version of the [American Diabetes Association Type 2 Diabetes Risk Test](#).

Beneficiaries with Managed Care: How to Enroll in a DPP

12. How can I enroll in a DPP?

If you are a member of a MCP, you can call your MCP's member services number for more information. You can find this number on the back of your benefits card or by visiting the Medi-Cal Managed Care Health Plan Directory.

General Information for Providers

13. If I am already an enrolled Medi-Cal provider, can I automatically provide DPP services?

No. A Medi-Cal provider is an individual, group, or entity that has been enrolled in the Medi-Cal program and provides services to eligible Medi-Cal beneficiaries. Medi-Cal providers are enrolled based upon a particular provider type (e.g., physician, clinic, etc.) to provide a spectrum of Medi-Cal covered services; however, enrollment in Medi-Cal does not automatically mean that providers may render DPP services.

Medi-Cal providers who want to provide DPP services must submit a separate supplemental or a new Medi-Cal provider application and have that application approved by DHCS before they can provide DPP services. For more information on enrollment, please see question #14 below.

14. How can I become a Medi-Cal DPP provider?

Providers who are currently enrolled in Medi-Cal may request to become a DPP provider by submitting a completed Medi-Cal Supplemental Changes form ([DHCS 6209](#)). Providers requesting to add DPP services should state so in the space provided on page 16, items 37 and 38 of the DHCS 6209 form. Copies of the CDC recognition letter or award must be

included. More information regarding permissible CDC recognition phases is available in the [Medi-Cal Provider Manual for DPP](#).

DPP providers who wish to newly enroll in Medi-Cal for DPP will need to submit a completed [Medi-Cal DPP Provider Application package](#), which includes:

- A cover letter expressing your request for enrollment as DPP and listing all administrative location(s) of the DPP provider,
- A copy of the DPP applicant or provider's valid, current, CDC recognition letter, or a current valid copy of their Certificate of Full CDC Recognition,
- A typed roster of all peer coaches which includes each coach's full name, National Provider Identifier (NPI) number, full birth date, and Social Security Number,
- Providers and applicants must attach a copy of a prefilled Department of Justice Request for Live Scan Service (BCIA 8016) form for each required individual with their application, date stamped and showing verification that all fees have been paid by either a "PAID" stamp from the public Live Scan operator or a receipt of payment.

15. How can Medi-Cal DPP providers verify a beneficiary's Medi-Cal eligibility?

Providers may verify a beneficiary's eligibility information through Medi-Cal's Automated Eligibility Verification System (AEVS). Providers must verify beneficiary eligibility **before** providing DPP services.

16. How can Medi-Cal DPP providers verify a beneficiary's eligibility to participate in the DPP?

Providers may use the CDC's criteria to determine a beneficiary's eligibility. Providers must verify beneficiary eligibility **before** providing DPP services. Please refer to question #4 for more information about the CDC's eligibility criteria.

17. Where can I find more information about Medi-Cal's coverage and reimbursement policies for DPP?

Please see the [Medi-Cal Provider Manual for DPP](#).

Guidance specific to Managed Care Plans are available [All Plan Letter 18-018](#).

18. How can I subscribe for Medi-Cal updates such as for the DPP?

Medi-Cal Subscription Service (MCSS) is a free service that keeps providers and other interested parties up-to-date on the latest Medi-Cal news. MCSS subscribers receive subject-specific emails for urgent announcements and other updates shortly after they post to the Medi-Cal website. To subscribe, please visit the [DHCS Medi-Cal website](#).

Additional Questions

19. Whom can I contact if I have questions?

Providers may direct questions about billing to the Telephone Service Center at 1-800-541-5555. For Benefits-related questions, providers may direct inquiries to the DHCS DPP@dhcs.ca.gov mailbox.