

# NYC REACH

November 2024

To: NYC providers caring for people with diabetes

From: NYC REACH/NYC DOHMH

Re: **Diabetes Self-Management Training (DSMT) Referrals for Medicare and Medicaid Reimbursement**

To combat the growing diabetes epidemic, your support in connecting patients to Diabetes Self-Management Education and Support (DSMES) is crucial. Medicare refers to DSMES as DSMT (Diabetes Self-Management Training). DSMT equips patients with the skills to manage their diabetes effectively, preventing complications, and improving quality of life. By referring eligible patients, you not only enhance care but also ensure access to Medicare and Medicaid reimbursement, supporting your practice's sustainability.

## Why Your Referral Matters:

Did you know DSMT has been shown to reduce hospitalizations, healthcare costs, and reduce A1C by at least 0.6%? Diabetes management is a lifelong commitment that requires education and support. By making this referral, you are not only adhering to clinical best practices but also potentially saving lives.

## When to Refer your Patients:

According to the 2022 National Standards for DSMES, the 4 critical times to refer your patients to DSMT are:

1. At diagnosis
2. Annually and/or when not meeting treatment targets
3. When complicating factors develop
4. When transitions in life and care occur

## How to Refer Your Patients:

### 1. *Identify Eligible Patients:*

Patients diagnosed with diabetes are eligible for DSMT if they have Medicare Part B or Medicaid coverage.

### 2. *Include the following on the referral form:*

- Valid ICD-10 diagnosis code (For type 1 and type 2 diabetes, a 5-character primary diagnosis code of diabetes is required)
  - As of 2024, Medicare no longer requires lab work to confirm diagnosis
- Qualified provider's e-signature (no stamp signatures) and NPI number
- Number of hours requested
  - Medicare covers 10 hours in the first year of diagnosis and 2 hours in subsequent years
  - NYS Medicaid covers 10 hours every 6 months for newly diagnosed or medically complex and 1 hour every 6 months for medically stable)

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- Indicate if the patient should receive individual or group training
- Indicate the topics to be covered in DSMT

Sample Referral Form found here: [https://www.adces.org/docs/default-source/tofile/dsmt-mnt-2024-order-form.pdf?sfvrsn=e107a359\\_3](https://www.adces.org/docs/default-source/tofile/dsmt-mnt-2024-order-form.pdf?sfvrsn=e107a359_3)

3. *Select an Accredited DSMT Program:*

Referrals must be made to a DSMT program accredited by the Association of Diabetes Care & Education Specialists (ADCES) or recognized by the American Diabetes Association (ADA). A full list of approved programs is available on their websites below.

ADCES: <https://www.adces.org/program-finder>

ADA: <https://diabetes.org/tools-resources/diabetes-education-programs>

4. *Communicate with your Patient:*

Explain the benefits of DSMT, including better blood sugar control, reduced risk of complications, and improved self-care. Help them feel empowered to take charge of their health.

## **Want to receive accreditation for your diabetes program?**

NYC REACH offers the opportunity for community providers to accredit their qualified diabetes programming under the NYC REACH ADCES accreditation as an umbrella microsite. DSMES umbrella microsites receive fiscal and administrative support to achieve DSMES accreditation status for one 4-year accreditation cycle at no cost. For questions about umbrella accreditation or assistance with referrals, please contact Shaun Hui, [shui@health.nyc.gov](mailto:shui@health.nyc.gov).

Thank you for your commitment to improving your patient's lives and making a tangible difference in the fight against diabetes.

Thank you,

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