



WACMHC

Washington Association of
Community & Migrant Health Centers

Supporting Patients at Risk for Diabetes

June 6, 2018

Welcome



N.E. Washington
Health Programs



Columbia Valley
Community Health



ICHS

International
Community
HEALTH SERVICES



TRI-CITIES COMMUNITY
HEALTH



WEBINAR FACILITATOR

Hannah Stanfield
NCQA PCMH CCE
Practice Transformation Coordinator
WACMHC



FEATURED PRESENTER

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Health Consultant III
Diabetes Lead
Community-Based Prevention Section
Heart Disease, Stroke, & Diabetes
Prevention Program
Washington State Department of Health



HOUSEKEEPING

- Your lines are currently muted
- We'll address questions at the end of the presentation
- You can ask a question in the following ways:



RAISE YOUR HAND FUNCTION - your line will be unmuted and you can ask the question verbally



QUESTIONS FUNCTION – type your question in the box and the facilitator will read it aloud

- This webinar is being recorded. A recording will be sent to you in a follow-up email.



The Impact of Diabetes in Washington State and Resources to Support Management and Prevention

Heart, Disease, Stroke, and Diabetes Prevention Program, Community Based Prevention Section

Objectives



- Diabetes & Prediabetes Impact in Washington State
- Strategies to support at-risk populations
- Billing Best Practices for Diabetes Self-Management Education and Support (DSMES) for Medicaid Population
- Medicare Diabetes Prevention Program

Brief Information about Diabetes

- Chronic condition where the body is unable to regulate blood *glucose* levels
- Three different types of diabetes:
 - *Type 1*: Body produces little to no *insulin*
 - *Type 2*: Body does not make enough *insulin* or does not use it properly
 - *Gestational Diabetes*: Women may develop it during pregnancy

GLUCOSE:

Sugar converted into
energy by the cells

INSULIN:

Hormone that helps
glucose into the cell

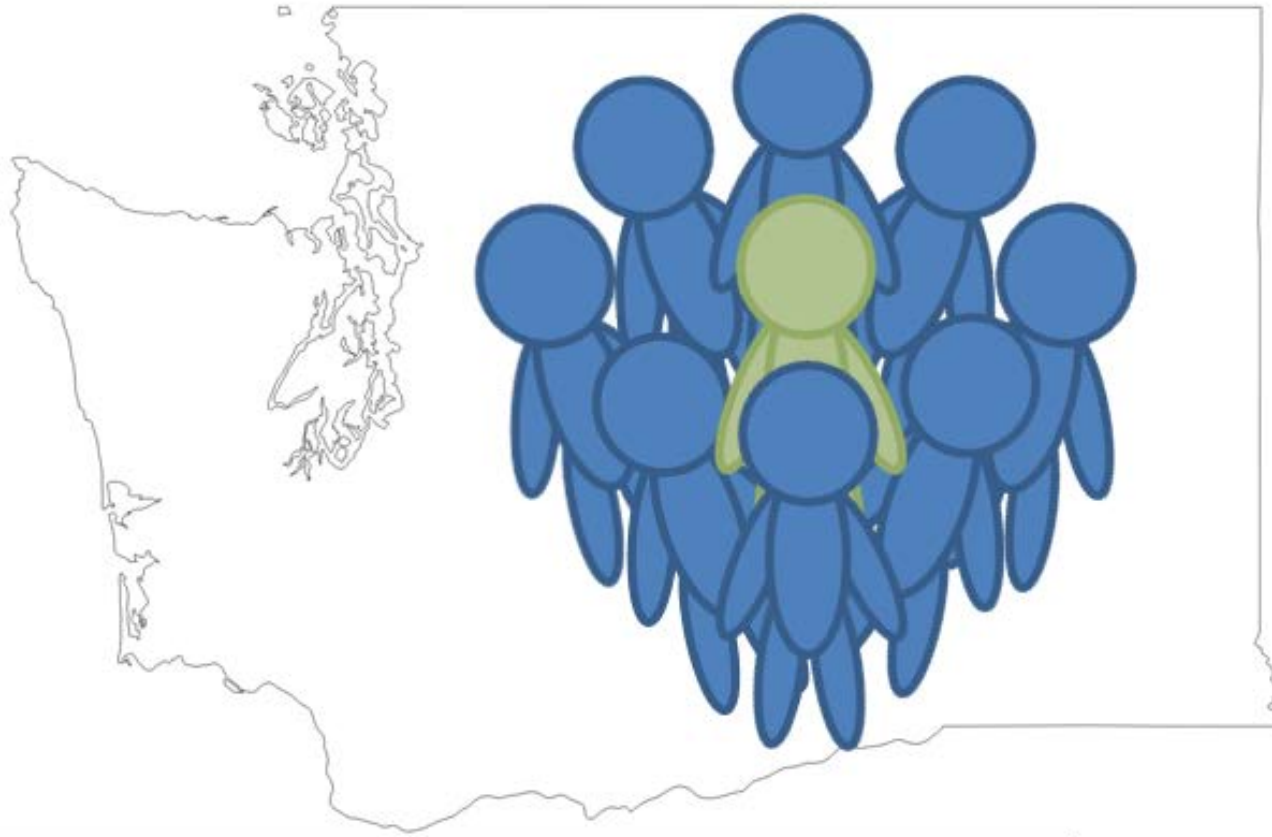
What is Prediabetes?

- Glucose levels are elevated, but not high enough to diagnose diabetes
- Actions can help prevent prediabetes from becoming type 2 diabetes, and reduce the risk of heart attack and stroke associated with prediabetes
- Many people with prediabetes who do not change their lifestyle—by losing weight (if needed) and being more physically active—will develop type 2 diabetes within 5 years.

PREVENTION:

More than half of the cases of type 2 diabetes may be prevented if prediabetes is identified and treated.

Diabetes in Washington

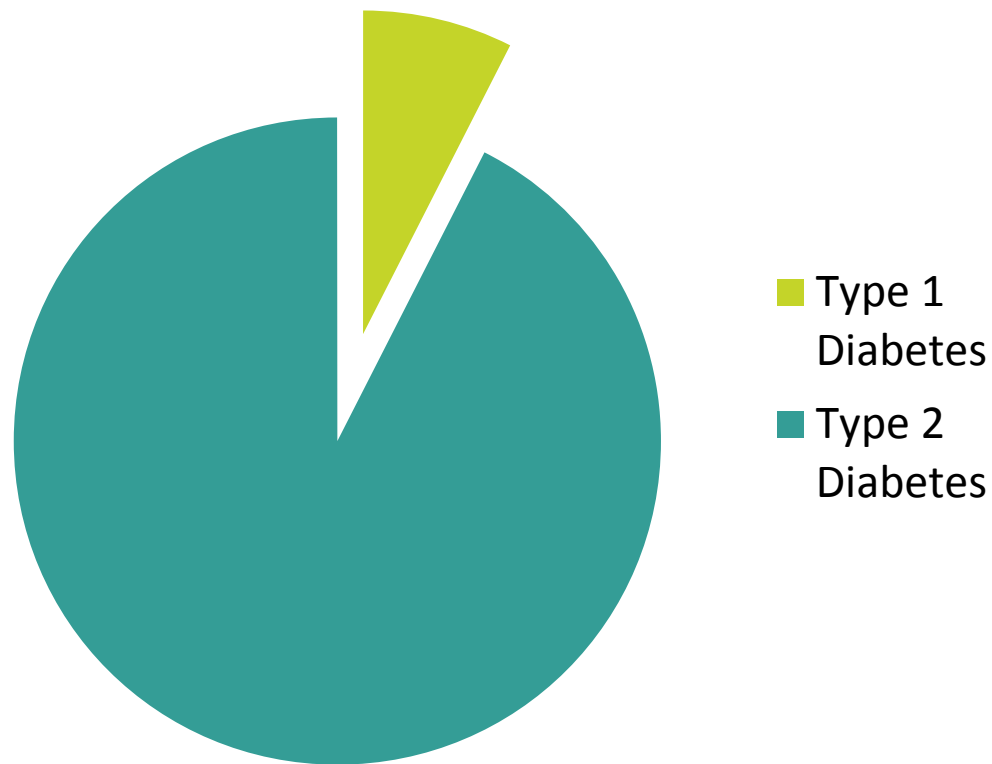


690,100

People in
Washington have
diabetes

What percentage of people have which type?

Percent of people with diabetes by type



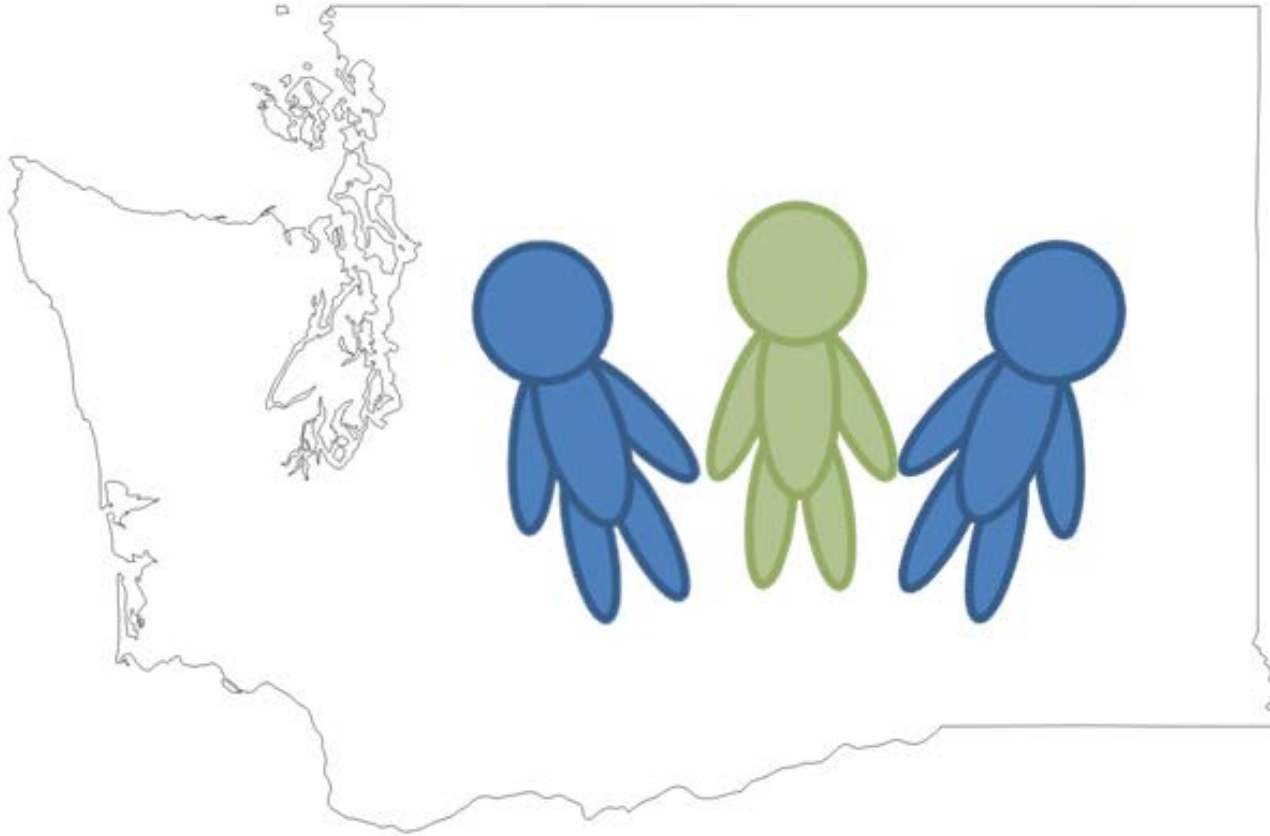
By the numbers

- 1 in 550 youth have diabetes (2,900)
- 1 in 8 adults (18+) have diabetes (687,200)
- 1 in 4 people with diabetes are undiagnosed

Among those who know they have diabetes (not including undiagnosed):

- Type 1 all ages - 26,400
- Type 2 all ages - 501,200

Prediabetes in Washington



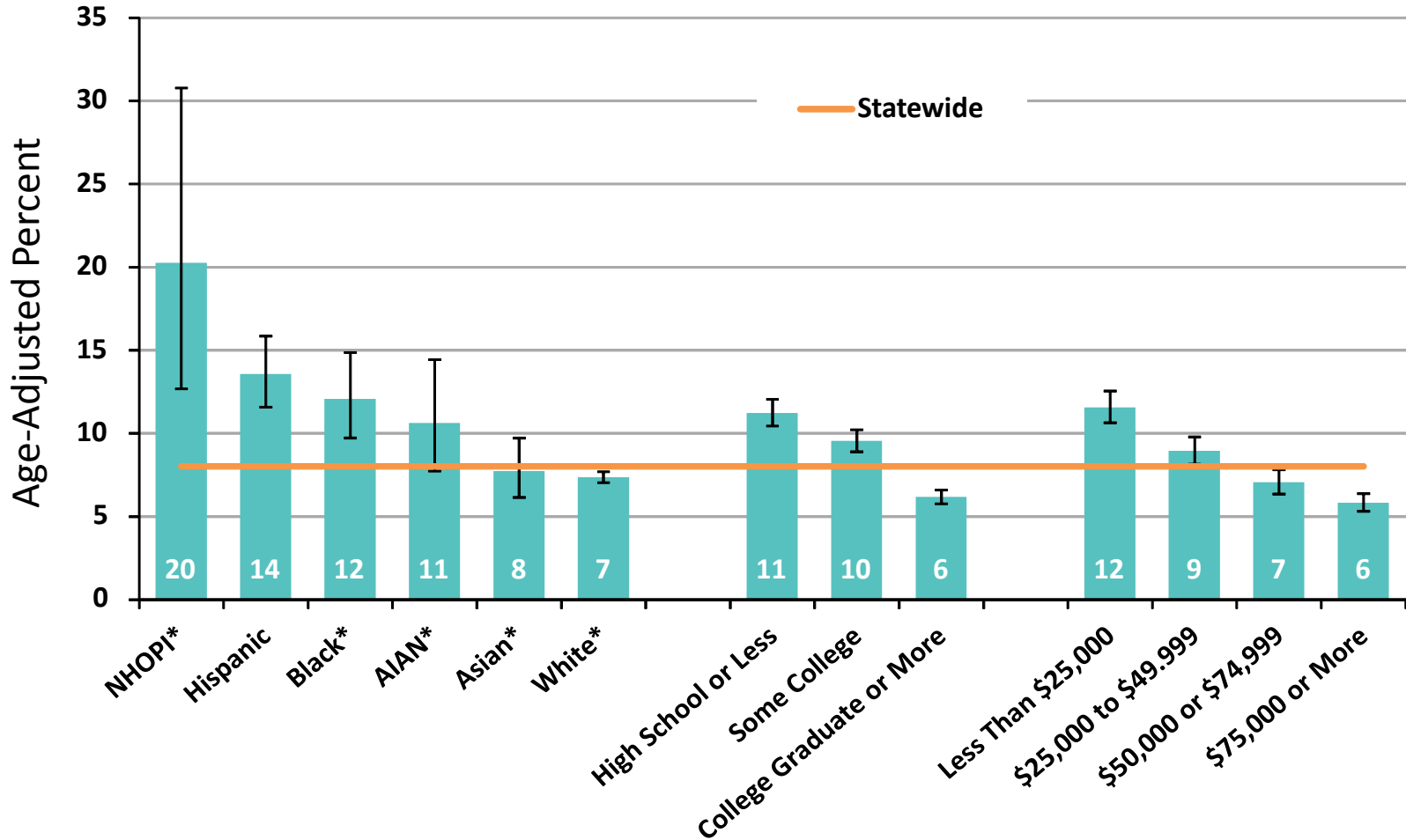
1.9 million

Adults in
Washington have
prediabetes

By the Numbers

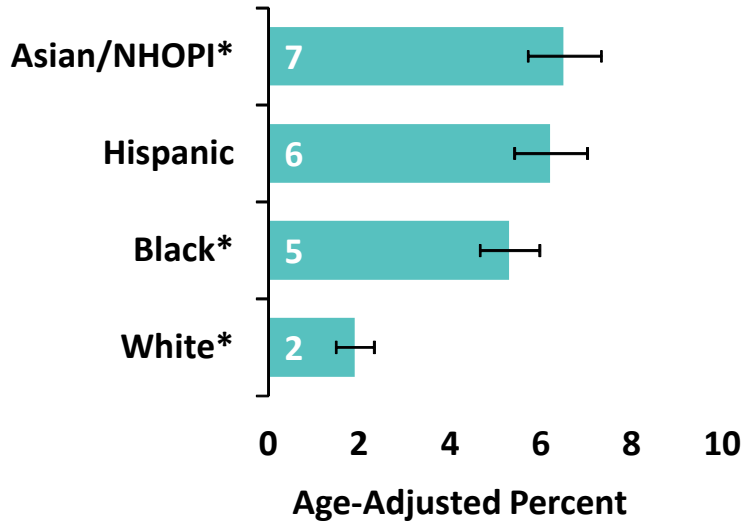
- 1 in 3 adults have prediabetes
- 3 out of 4 adults with prediabetes don't know they have it
- If people with prediabetes lose 5-7% of body weight, they have an opportunity to reverse prediabetes and prevent or delay developing type 2

Differences in Diabetes Burden

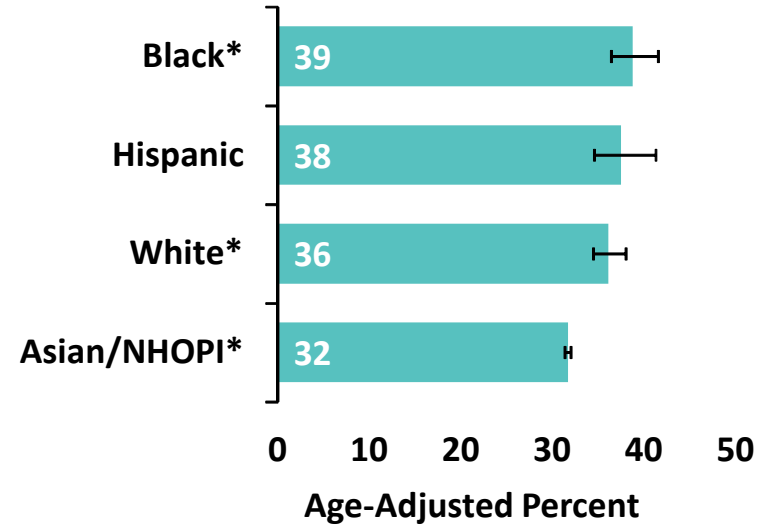


Differences in Diabetes Burden

Undiagnosed Diabetes - US Adults



Prediabetes - US Adults



Prevalence of Diabetes among Medicaid Members

CY2015			
Eligibility group	Number of enrollees with diabetes	Number of enrollees	Prevalence
Medicaid-only	82187	1781568	4.61%
Non-Disabled Children	4519	770325	0.59%
Disabled Children	422	17316	2.44%
Non-Disabled Adults	11625	225872	5.15%
Disabled Adults	16508	78940	20.91%
Elderly	644	2147	30.00%
Newly-Eligible Adults	48469	686968	7.06%

Cost of Diagnosed Diabetes



8 billion

Dollars are spent
on **diabetes** each
year

Financial Impact of Diabetes in Washington

Washington State Forecasts	2020	2025	2030
Total annual cost (2015 dollars)	\$9.8 Billion	\$11.6 Billion	\$13.4 Billion
Annual medical costs	\$7.4 Billion	\$8.8 Billion	\$10.1 Billion
Annual nonmedical costs	\$2.4 Billion	\$2.8 Billion	\$3.3 Billion

2015 Washington State 10 Leading Causes of Death

Cardiovascular Diseases combined are the
#1 cause of death in Washington State

1	Cancer	23.2%	6	Stroke	4.9%
2	Heart Disease	20.2%	7	Diabetes Mellitus	3.3%
3	Alzheimer's	6.4%	8	Suicide	2.1%
4	Unintentional Injury	5.8%	9	Liver Disease	1.9%
5	COPD	5.8%	10	Flu & Pneumonia	1.6%

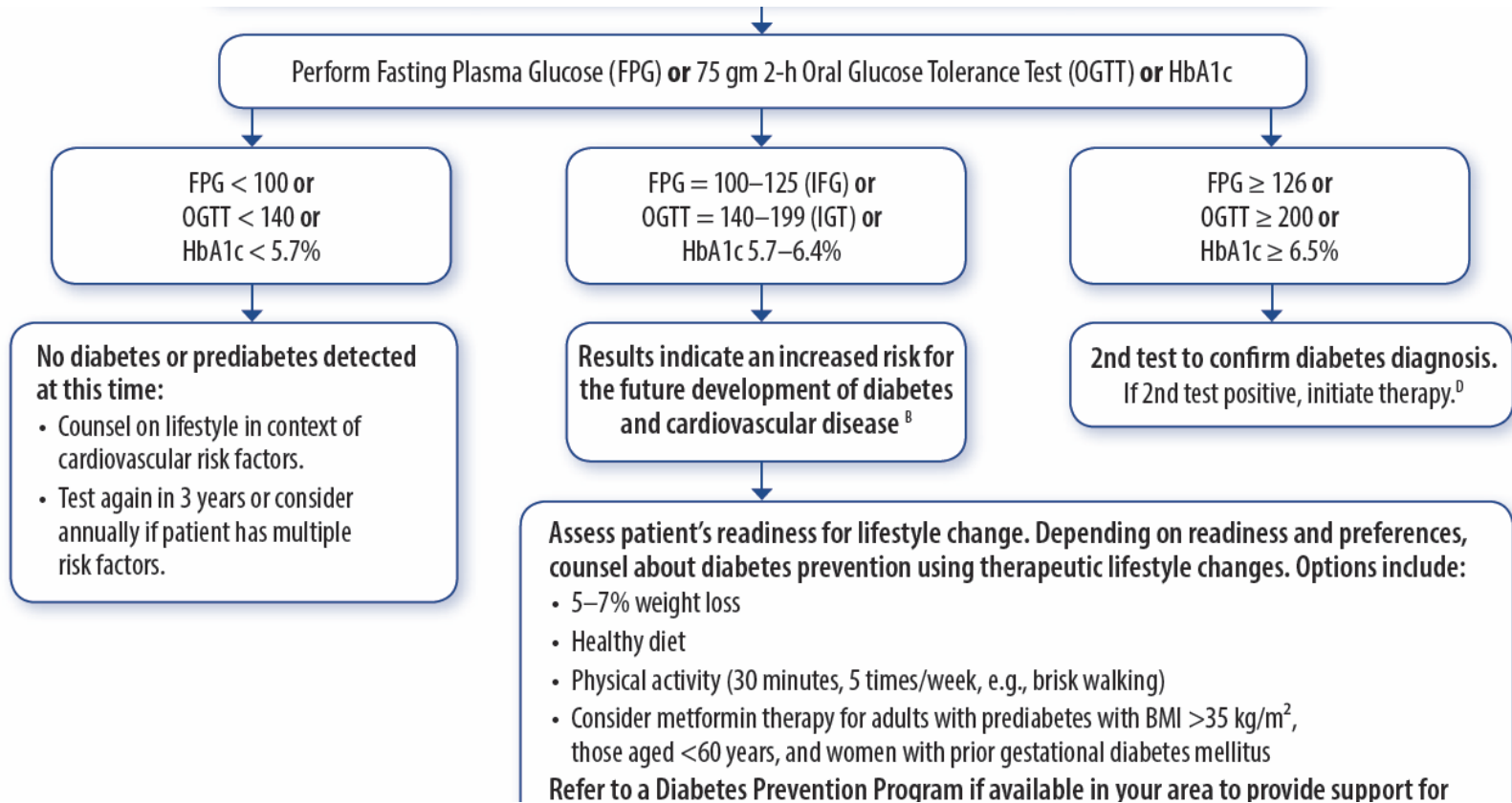
Strategies to Support

- Screening at risk population
- Diabetes Education/ Medical Nutrition Therapy
- Psychosocial Assessment
- Immunizations
- Blood Pressure
- Lipids
- Aspirin
- Smoking Cessation
- Kidney testing
- Eye exams
- Foot checks

What Organizations Can Do for Prevention

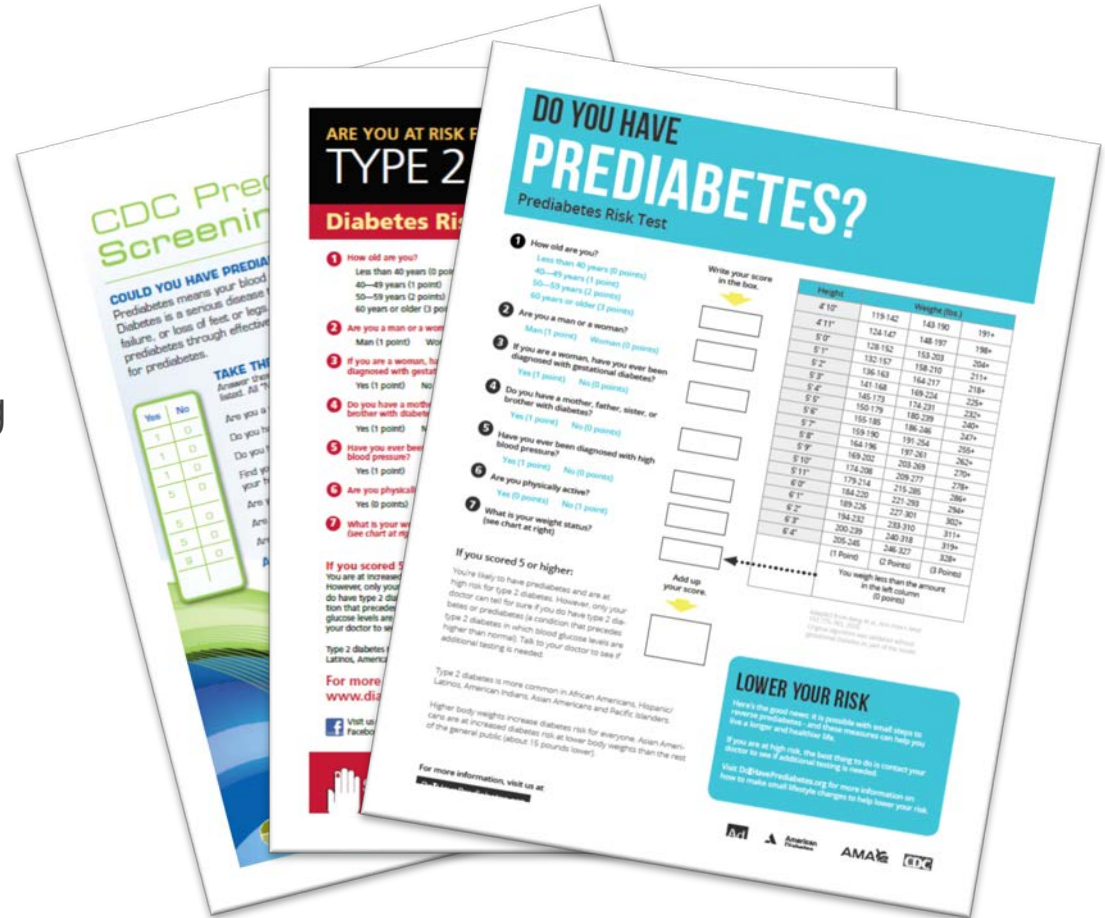
- ❑ Make sure health-promoting foods are available
- ❑ Support physical activity at all levels
- ❑ Be aware of gaps in services and resources, and who is impacted by these gaps – such as screening & treatment
- ❑ Know what resources are available, and connect/support
- ❑ Provide opportunities for social connection and partnership
- ❑ Advocate for better health for all

Diabetes Screening Algorithm



Supporting Prevention

- Encourage prediabetes screening by sharing these questionnaires with your community and encouraging people with prediabetes to participate in DPP





Medicaid Reimbursement for DSMES Programs

- Medicaid Coverage for DSMES in Washington State became effective in January 1998
- Known as Apple Health
- Implemented to support preventive health services and to reduce the impact of diabetes in our state
- Provides medically necessary diabetes education to eligible clients.

Diabetes Education Program

- Clinics and hospitals statewide may apply for reimbursement from Medicaid for diabetes education programs.
- This is a joint project between the Washington State Department of Health and Medicaid.



DOH 345-280

DIABETES EDUCATION PROGRAM
Application for Program Approval and Medicaid Reimbursement
Please print or type

Organization Name _____ NPI # _____

Mailing Address _____

City _____ State _____ Zip _____

Contact Person _____

Phone (____) _____ FAX (____) _____

Email Address of contact person: _____@_____

IMPORTANT: If your diabetes education program has Recognition from the American Diabetes Association, the American Association of Diabetes Educators, or Indian Health Service, submit only the first 2 pages of this application and a copy of the program's Recognition Certificate or letter from ADA, AADE or IHS regarding Recognition.

Directions: Complete all sections of the application and return with **all supporting documentation** to:

Alexandro Pow Sang
Department of Health
Heart Disease, Stroke, and Diabetes Prevention Program
PO Box 47855
Tumwater, WA 98501-7855
Phone (360) 236-3750
Email: alexandro.powsang@doh.wa.gov

You will be contacted if there are questions about your application. If your program is approved, you will receive written notification. Please allow 4 weeks for processing. Submission via email may be processed more quickly, however, please send originals by mail for our records.

Thank you for your work on behalf of people with diabetes.

What is Included



Washington Apple Health (Medicaid)

Diabetes Education Program Billing Guide

January 1, 2018

Every effort has been made to ensure this guide's accuracy. If an actual or apparent conflict between this document and an agency rule arises, the agency rules apply.



- It covers 6 hours of diabetes education and diabetes management per year. Provider may request more per individual case.
- Minimum of 30 minutes per billed unit.
 - Each unit is equal to 30 minutes of education
 - For services provided in a:
 - professional (non-hospital) setting use HCPCS Codes = G0108 and G0109.
 - hospital outpatient setting, use revenue code 0942.
- If benefit limit for diabetes education is reached, a provider may request prior authorization for a limitation extension from Health Care Authority.

Fee Schedule

Health Care Authority (HCA) Diabetes Education Program Fee Schedule July 1, 2017

Code Status Indicator	Code	Mod	Maximum Allowable NFS	Maximum Allowable FS	PA Required	Comments
R	G0108		\$31.85	\$31.74		
R	G0109		\$8.49	\$8.71		

Status Indicators

D = Discontinued / Deleted Code

N = New Code

P = Policy Change

R = Rate Update

Legend

PA= Written/ Fax Prior Authorization

Recognized Programs in Washington State

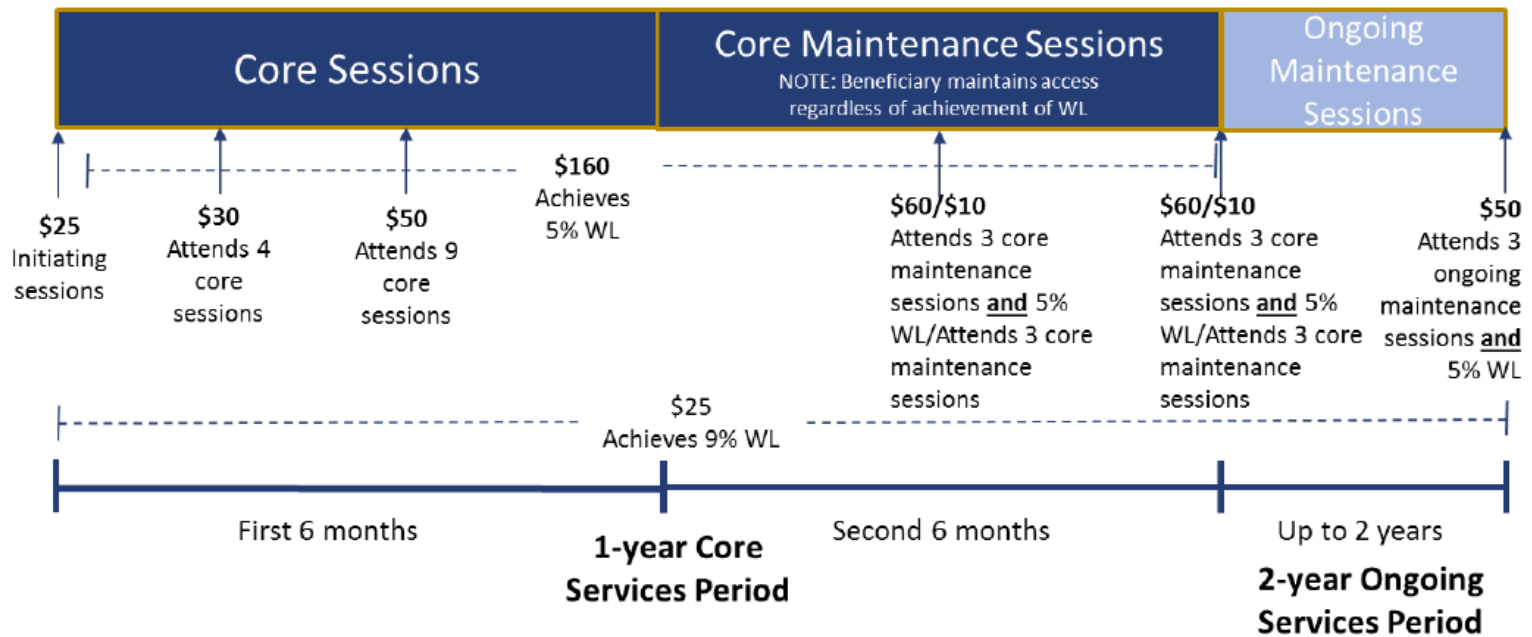
- 47 hospital systems
- 87 clinic sites
- 11 FQHCs

Medicare Diabetes Prevention Program

- Covered by Medicare as of April 1st 2018.
- Benefit will be covered through Part B Medical Insurance.
- Medicare Advantage subscribers are eligible for MDPP if their plan has contracted with an MDPP enrolled supplier.
- Covers up to 2 years of in-person sessions.
 - Months 0 to 6 – Core Sessions
 - Months 7 to 12 – Core Maintenance Sessions
 - Months 13 to 24 – Ongoing Maintenance Sessions
- To bill Medicare provider must meet MDPP Preliminary Recognition, or full CDC DPRP Recognition.

Proposed MDPP Fee Schedule

Proposed Payment Policy



For More Information

- Diabetes Epidemic & Action Report
 - <http://doh.wa.gov/DEAR>
- Washington State Diabetes Connection
 - <http://diabetes.doh.wa.gov/>
- Living Well with Chronic Conditions
 - <http://livingwell.doh.wa.gov/>
- CDC List of Diabetes Prevention Programs
 - https://nccd.cdc.gov/DDT_DPRP/CitiesList.aspx?STATE=WA

Resources

American Association of Diabetes Educators

- https://www.diabeteseducator.org/docs/default-source/legacy-docs/_resources/pdf/research/scopestandards_final2_1_11.pdf?sfvrsn=2
- <https://www.diabeteseducator.org/patient-resources/tip-sheets-and-handouts>

American Diabetes Association – Professional resources

- <http://care.diabetesjournals.org/content/40/10/1409>
- http://care.diabetesjournals.org/content/41/Supplement_1/S1

American Diabetes Association- Diabetes Standards of Care

- http://professional.diabetes.org/admin/UserFiles/0%20-%20Sean/Documents/January%20Supplement%20Combined_Final.pdf

Center for disease Control - Diabetes Medication Use Among Adults with Diabetes

- http://www.cdc.gov/diabetes/statistics/treating_national.htm

Healthy People

- <http://www.healthypeople.gov/2020/topics-objectives/topic/diabetes?topicid=8>

Indian Health Services

- <http://www.ihs.gov/forpatients/healthtopics/Diabetes/>

Infographic: A Snapshot of Diabetes in America

- <http://www.diabetes.org/diabetes-basics/statistics/cdc-infographic.html>

Living Well with Chronic Conditions

- <http://livingwell.doh.wa.gov/resources/living-well-marketing-resources-fact-sheets-evidence-based-studies-gis-maps>

MDPP Fee Schedule

- <https://www.cms.gov/Outreach-and-Education/Outreach/NPC/Downloads/2017-08-16-MDPP-Call-Presentation.pdf>

National Diabetes Surveillance System

- <http://gis.cdc.gov/grasp/diabetes/DiabetesAtlas.html>

Stanford Medicine – Patient Education

- <http://patienteducation.stanford.edu/programs/diabeteseng.html>

Washington Information Network

- <http://win211.org/>

Contact information – Department of Health

Heart Disease, Stroke, & Diabetes Prevention Unit

Alexandro Pow Sang

Alexandro.powsang@doh.wa.gov

Diabetes Prevention Lead



handle: WADeptHealth



Washington State Department of

Health

Upcoming WACMHC Trainings

Enhancing Workplace Dynamics through Managerial Skills

Yakima, WA

Teambuilding through Inspiring: June 13, 8:30 AM – 5 PM

[REGISTER](#)

Foundations of Emotional Intelligence: June 14, 8:30 AM – 5 PM

[REGISTER](#)

Lean Boot Camp: Office Hours

Friday, June 8, 12– 1 PM

[REGISTER](#)

PCMH Webinar Series: Knowing and Managing Your Patients (KM)

Wednesday, June 13, 12 – 1 PM

[REGISTER HERE](#)

Please complete the evaluation after the end of the session.
Your feedback is appreciated!

Questions? Contact the WACMHC Practice Transformation Team at
QualityImprove@wacmhc.org