



Provider Information on Medicare Diabetes Self-Management Training



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What's Changed?

We clarified telehealth billing requirements (page 5).

Substantive content updates are in dark red.

What's Diabetes Self-Management Training?

Diabetes self-management training (DSMT) is a [Medicare preventive service](#) that can result in better health for Medicare patients with diabetes.

The [deductible](#) and 20% coinsurance of the Medicare-allowed amount applies to DSMT. DSMT providers offer patients with type 1 or type 2 diabetes a full range of education and training services.

DSMT program goals include:

- Teaching patients with diabetes how to self-manage their conditions
- Reducing hospitalizations and complications
- Reducing costs

The [Social Security Act](#) establishes DSMT educational and training services as medically reasonable and necessary. Providers must describe and document these services in a comprehensive plan of care in the patient's medical record.

Who Provides Diabetes Self-Management Training?

A certified provider is a person or entity that meets the current [National Standards for Diabetes Self-Management Education and Support](#) (DSMES) and is accredited through a CMS-certified accrediting organization (AO).

A person or a team that completes all the steps to achieve and maintain DSMES accreditation through a CMS-certified AO may provide and bill DSMT services to help patients self-manage their disease. Members of the team may include a registered dietitian, nutrition professional, registered nurse, pharmacist, and other professionals trained in diabetes care and education.

DSMT services require a referral from the physician, nurse practitioner (NP), physician assistant (PA), or certified nurse specialist (CNS) who's treating the patient for diabetes. You can't provide DSMT and [medical nutrition therapy](#) (MNT) to the same patient on the same service date or "incident to" a physician's, NP's, PA's, or CNS's professional services.

Diabetes Disparities in Medicare Patients

The CMS Office of Minority Health analyzes CMS data and shows the [prevalence of Medicare patients with diabetes](#) varies by race, ethnicity, and geographic areas. Use the interactive [Mapping Medicare Disparities by Population](#) tool to find and compare diabetes prevalence, use of services, and cost disparities in your county, region, and state.

Visit the [CMS Office of Minority Health](#) for more information:

- [Health Equity Technical Assistance Program](#)
- [Disparities Impact Statement](#)

You may provide DSMT services as a [telehealth service](#) when a registered dietitian, nutrition professional, physician, NP, PA, or CNS acts as a [distant site practitioner](#). **The distant site practitioner may bill and get paid for DSMT services when they both:**

- Do so on behalf of others who personally provide the services as part of the DSMT entity
- Provide injection training for an insulin-dependent patient using interactive telecommunications technology and that training is included in the patient's DSMT [plan of care](#)

We allow DSMT insulin injection training via telehealth when it aligns with clinical standards, guidelines, or best practices.

How Can I Apply as a Diabetes Self-Management Training Accrediting Organization?

General Information

[42 CFR 410.142](#) describes our national AO approval process.

Becoming a CMS-approved DSMT AO is voluntary. Only a nonprofit or not-for-profit organization with demonstrated experience in working with people with diabetes can apply for accreditation.

When you apply, enter this information:

- A detailed comparison of your accrediting requirements and quality standards to CMS standards (submit only if you don't use 1 of the established standards in [42 CFR 410.144\(a\) or \(b\)](#))
- Details about your organization's accreditation process, including:
 - Accreditation frequency
 - Copies of accreditation forms, guidelines, and evaluator instructions
 - Details about your compliance monitoring and enforcement process
 - Accreditation types and categories offered
- Procedures for notifying a deemed entity of deficiencies in its DSMT program and procedures for monitoring deficiency correction
- Detailed evaluator background and qualifications information
- Description of the organization's major operational policies and procedures, including:
 - Data management and analysis
 - Responding to, and investigating, complaints and non-compliance issues ([42 CFR 410.144\(a\)\(1\)](#))
- Contact information of owners and others with controlling interest
- Your organization's accreditation documentation and ability to carry out necessary tasks

Accrediting Organization Regulations

[42 CFR 410.140–410.146](#) has the DSMT AO regulations.

In addition to meeting 1 of the options for accreditation standards, a DSMT AO must also meet these criteria:

- It uses and enforces the National Standards for DSMES quality standards ([42 CFR 410.144\(b\)](#))
- It meets approved organizational requirements ([42 CFR 410.143](#))
- It isn't owned or controlled by entities it accredits ([42 CFR 413.17\(b\)\(2\) or \(b\)\(3\)](#))
- It doesn't accredit entities it owns or controls

We approved 2 national DSMT AOs to accredit DSMT entities:

- [American Diabetes Association](#) (ADA)
- [Association of Diabetes Care & Education Specialists](#) (ADCES)

We approve a DSMT AO for a 6-year term:

- [42 CFR 410.143\(a\)](#) identifies ongoing DSMT AO responsibilities
- [42 CFR 410.143\(b\)](#) identifies CMS's or its agents' oversight requirements ensuring a CMS-approved DSMT AO, and entities the organization accredits, continue meeting quality standards ([42 CFR 410.144](#))
- [42 CFR 410.145](#) identifies DSMT requirements entities must meet
- [42 CFR 410.146](#) requires that an approved entity collect and record this patient assessment information at least quarterly:
 - Medical information, including:
 - Diabetes condition duration
 - Insulin or oral agents use
 - Height and weight by date
 - Lipid test results by date
 - HbA1C results by date
 - Self-monitoring frequency and results
 - Blood pressure by date
 - Last eye exam date
 - Other information, including:
 - Educational goals
 - Educational needs assessment as part of comprehensive DSMES assessment
 - DSMES plan of care (education plan)
 - Documentation of training provided and progress goals and learning

DSMT entities may also collect follow-up assessment information from the patient's survey, primary care physician contact, and follow-up visits.

What Are the Specific Accreditation Programs?

American Diabetes Association Education Recognition Program

All entities that provide DSMES under the current national DSMES standards may apply for ADA recognition of their DSMES program.

Entities interested in applying for recognition can request an initial meeting with the Education Recognition Program (ERP) team by submitting the [Meet and Greet Request Form](#). Entities can find support resources, including sample application templates, on the [ERP](#) website.

The ERP reviews the application in less than 30 days and then notifies the entity through the portal when it's approved for a 4-year recognition period, or if the ERP needs more information to process their application. ERP staff provide individualized guidance and support to help the entity achieve application approval.

Find ADA-recognized DSMES programs through the [Find a Diabetes Education Program](#). The ADA conducts random virtual audits for less than 5% of all recognized programs, with a maximum of 70 audits each year.

Entities selected for a virtual audit are notified 12 business days before the audit.

[Audit resources](#) help DSMES quality coordinators prepare for the audit and document required compliance with the DSMES standards.

Association of Diabetes Care & Education Specialists Diabetes Education Accreditation Program

- ADCES offers comprehensive resources, templates, and tools to assist entities through the accreditation process. Entities can access these resources on the [Diabetes Education Accreditation Program](#) (DEAP) website.
- DSMT entities that are ready to apply can start an [online application](#).
- ADCES conducts an in-depth, comprehensive review of each application, and DEAP staff provide guidance and support to help the entity achieve accreditation.
- Approved programs are accredited for a 4-year period.

ADCES performs random virtual audits for less than 5% of all accredited programs each year. Audit resources are available to entities and can be accessed on the [DEAP](#) website.

Find an ADCES accredited [DSMT Diabetes Education Program](#) in your area.

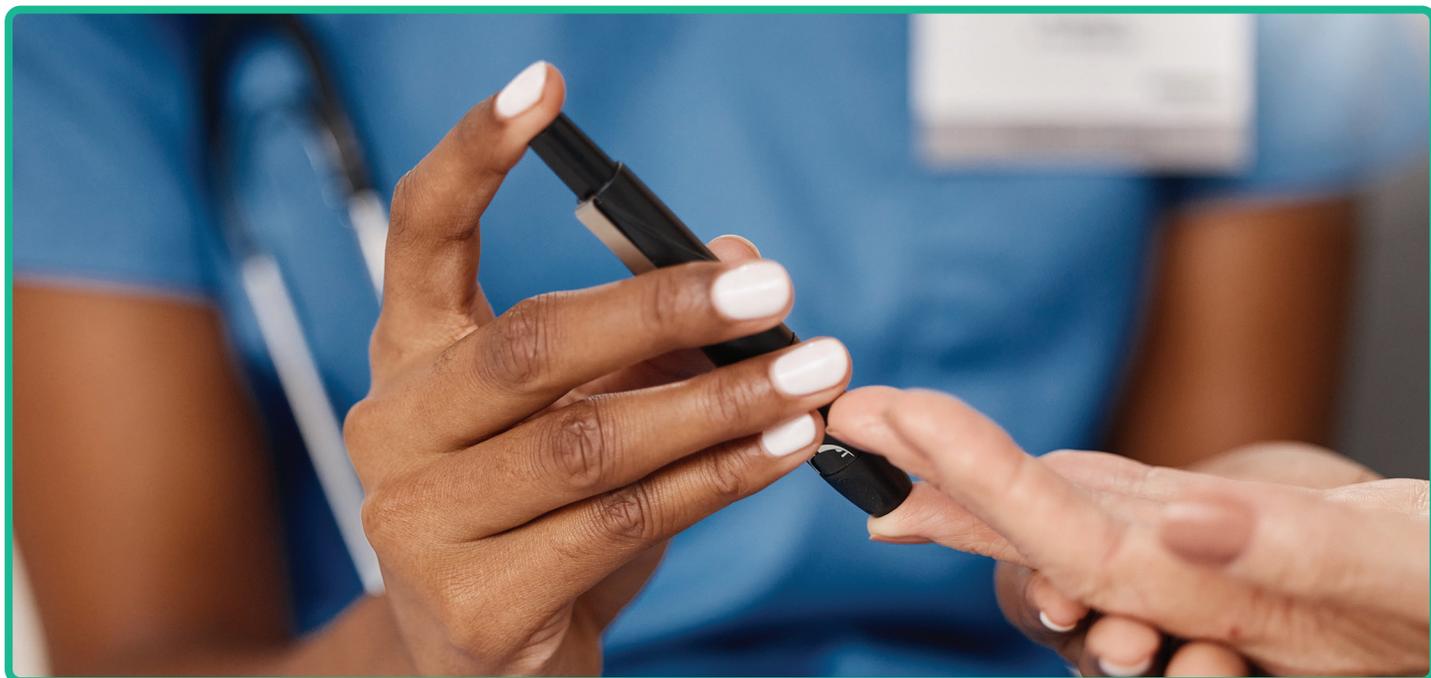
What's the Oversight & Validation Process?

We created the DSMT oversight and validation process to evaluate CMS-approved DSMT AO performance. During this process, we:

- Oversee external DSMT AOs to ensure they continue to meet federal requirements and regulations
- Determine if approved DSMT AOs continue to meet Medicare regulations
- Assign an external contractor to perform an oversight and validation process using standard survey tools and scoring mechanisms that report findings to CMS and AOs

Resources

- [CMS Diabetes Strategy: Impact Report 2024](#)
- [Diabetes Management: Directory of Provider Resources](#)
- [DSMT Accreditation Program](#)
- [Medicare Diabetes Prevention Program](#)
- [Section 10.2.4B of the Medicare Program Integrity Manual, Chapter 10](#)
- [Section 300 of the Medicare Benefit Policy Manual, Chapter 15](#)



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