

Title 13 – DEPARTMENT OF SOCIAL SERVICES
Division 70 – MO HealthNet Division
Chapter 25 – Physician Program

PROPOSED AMENDMENT

13 CSR 70-25.130 Diabetes Prevention Program. The MO HealthNet Division is amending sections (1) through (4).

PURPOSE: This amendment updates the rule’s incorporation language, removes language that limits participants ability to receive multiple weight reduction services concurrently, updates continuation criteria to be in line with national diabetes prevention program services, and updates provider levels to include all recognition levels established by Centers for Disease Control and Prevention (CDC) Diabetes Prevention Recognition Program Levels of Recognition for Diabetes Prevention Program (DPP).

(1) Administration. The Diabetes Prevention Program (DPP) shall be administered by the MO HealthNet Division. The diabetes prevention program services covered and not covered, the limitations under which services are covered, and the maximum allowable fees for all covered services shall be determined by the MO HealthNet Division and shall be included in the MO HealthNet *Physician Provider Manual*.~~], which is incorporated by reference and made part of this rule as published by the Department of Social Services, MO HealthNet Division, 615 Howerton Court, Jefferson City, MO 65109, at its website <http://manuals.momed.com/manuals/>, December 27, 2019 <https://mydss.mo.gov/media/pdf/physicians-provider-manual>, Month Day, 2024.]~~ **The MO HealthNet Physician Provider Manual is incorporated by reference and made part of this rule as published by the Department of Social Services, MO HealthNet Division, 615 Howerton Court, Jefferson City, MO 65109, on January 6, 2025.** This rule does not incorporate any subsequent amendments or additions. Diabetes Prevention Program services covered by the MO HealthNet program shall include only those which are clearly shown to be medically necessary.

(A) In the administration of the rule, “Diabetes Prevention Program” or “DPP” means a structured, lifestyle change program specifically developed and recognized by the Centers for Disease Control and Prevention (CDC) to prevent type 2 diabetes. The program is intended for people who have prediabetes or are at risk for type 2 diabetes, but who do not already have diabetes, to promote lifestyle changes that decrease the progression to type 2 diabetes. The program services include group support and lifestyle changes such as eating healthier foods, reducing stress, and increasing physical activity.

(2) Provider Participation. To be eligible for participation as a provider in the MO HealthNet Diabetes Prevention Program—

(A) DPP service providers must be enrolled as MO HealthNet providers; and

(B) DPP service providers must have *[pending, preliminary, or full recognition status]* **a Level of Recognition** from the CDC’s Diabetes Prevention Recognition Program. The CDC regulates the standards needed for recognition.

(3) Participant Criteria. Any person who is an eligible Missouri Medicaid participant who meets the following criteria shall be eligible to receive these services:

- (A) Be twenty-one (21) years old or older;
- (B) Not currently pregnant;
- (C) Have, as of the date of attendance at the first core session, a BMI equal to or greater than twenty-five (25) or twenty-three (23) if of Asian descent;
- (D) Have no previous diagnosis of type one (1) or two (2) diabetes with the exception of gestational diabetes;
- (E) Have, within the last twelve (12) months—
 - 1. Hemoglobin A1C test with a value of five and seven-tenths percent (5.7%) to six and four-tenths percent (6.4%);
 - 2. A fasting plasma glucose of one hundred (100) mg/dl to one hundred twenty-five (125) mg/dl; or
 - 3. Two (2) hour plasma glucose of one hundred forty (140) to one hundred ninety-nine (199) mg/dl after the seventy-five (75) oral glucose tolerance test; and
- [(F) Not concurrently receiving authorization for other MO HealthNet reimbursed weight reduction services.]*

(4) Diabetes Prevention Program Services.

(A) DPP Services are structured interventions that include lifestyle, behavior-counseling focusing on weight reduction and lifestyle changes. A prescriber provider's referral, utilizing the eligibility criteria set forth by the CDC, is required for the participant to be eligible for this program. The prescribing provider will need to prescribe the service in the participant's plan of care during a regular office visit. A prescribing provider is defined as a licensed practitioner authorized to prescribe within their scope of practice either directly or by protocol consistent with their scope of practice under state law.

1. DPP core services period that includes a twelve (12) month period of intervention with a minimum of twenty-two (22) sessions and a maximum of twenty-six (26) sessions.

A. During months one (1) through six (6) of the DPP core services period, DPP service providers will be required to provide a minimum of sixteen (16) weekly sessions utilizing CDC-approved DPP core module curriculum.

(I) This curriculum provides counseling that focuses on, but is not limited to, information about Type Two (2) Diabetes and how to prevent it; self-monitoring weight and food intake; healthy eating; introduction to physical activity; dealing with lifestyle changes; developing lasting lifestyle changes; and stress management.

B. During months seven (7) through twelve (12) of the DPP core services period, DPP service providers will be required to provide a minimum of six (6) monthly sessions utilizing CDC-approved DPP core maintenance module curriculum.

(I) This curriculum provides counseling that focuses on maintaining long-term dietary changes, increased physical activity, and behavior change strategies for continued weight loss.

C. DPP core services period also includes, but is not limited to, weight monitoring and tracking, physical activity tracking, and caloric intake tracking as required.

[D. The prescribing provider will need to seek prior authorization for the first twelve (12) months of the diabetes prevention program from MO HealthNet prior to starting the program.]

2. DPP ongoing maintenance period includes access to one (1) year of ongoing maintenance sessions to eligible participants.

A. The ongoing maintenance sessions are done in three- (3-) month intervals for a maximum of four (4) sessions during months thirteen (13) through twenty-four (24).

B. In order to qualify for the ongoing maintenance sessions after the initial twelve (12) month program, the participant must achieve **one of the following**:

(I) *[and maintain]* a minimum weight loss of five percent (5%) of **baseline body weight** at the end of the first twelve (12) months~~[/]~~;

(II) **a modest reduction in hemoglobin A1C (A1C) of at least two-tenths of a percent (0.2%); or**

(III) **if a participant does not meet the weight loss threshold, the prescribing provider shall perform the necessary lab work to rule out the presence of other conditions (e.g. endocrine disorders) that may complicate efforts to reduce weight, and if present, should request to continue if appropriate diabetes prevention program services for the identified condition(s).**

C. For participants that are eligible for the ongoing maintenance sessions, *[the prescribing provider must seek an additional] prior authorization from MO HealthNet***a referral for the additional twelve (12) months of ongoing maintenance sessions from the prescribing provider is needed in the treatment record.**

(B) Additional diabetes prevention services, including core sessions and ongoing maintenance sessions beyond the initial allocation must be requested *[and will need to go through the prior authorization process]* and *[must be]* deemed medically necessary.

(C) A participant that is unable to meet and/or maintain the criteria for the additional twelve (12) months of ongoing maintenance sessions has the option, after twelve (12) months, to re-enroll in the diabetes prevention program starting with the first twelve (12) months if the participant meets the established criteria. *[and has an approved prior authorization.]*

(5) Records Retention and Documentation Requirements.

(A) Providers who provide Diabetes Prevention Program services shall follow section 13 CSR 70-3.030.

(B) The DPP provider must retain the prescribing provider's referral. *[with approved prior authorization from MO HealthNet.]*

(C) The DPP provider must complete and retain an evaluation at the end of twelve (12) months to determine the appropriateness for continuation to the ongoing maintenance services.

(D) Once the services are complete, the prescribing provider shall maintain a treatment record outlining how the participant will maintain weight loss.

*AUTHORITY: sections 208.201 and 660.017, RSMo 2016. * Original rule filed Feb. 7, 2020, effective Aug. 30, 2020. Amended: Filed May 12, 2025.*

**Original authority: 208.201, RSMo 1987, amended 2007 and 660.017, RSMo 1993, amended 1995.*

PUBLIC COST: This proposed amendment will not cost state agencies or political subdivisions more than five hundred dollars (\$500) in the aggregate.

PRIVATE COST: This proposed amendment will not cost private entities more than five hundred dollars (\$500) in the aggregate.

*NOTICE TO SUBMIT COMMENTS: Anyone may file a statement in support of or in opposition to this proposed amendment with the Department of Social Services, Legal Services Division-Rulemaking, PO Box 1527, Jefferson City, MO 65102-1527, or by email to Rules.Comment@dss.mo.gov. To be considered, comments must be received within thirty (30) days after publication of this notice in the **Missouri Register**. No public hearing is scheduled.*