

## DIABETES SELF-MANAGEMENT TRAINING (DSMT) SERVICES

ISSUE DATE:

AUTHORITY: 32 CFR 199.4 and 32 CFR 199.6

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### I. HCPCS PROCEDURE CODES

G0108 - Diabetes outpatient self-management training services, individual session per 30 minutes of training.

G0109 - Diabetes outpatient self-management training services, group session, per individual, per 30 minutes of training.

### II. DESCRIPTION

Diabetes Self-Management Training (DSMT) is an outpatient service or program that is intended to educate beneficiaries in the successful self-management of diabetes. The training program includes all three of the following criteria: education about self-monitoring of blood glucose, diet, and exercise; an insulin treatment plan developed specifically for the patient who is insulin-dependent; and motivates patients to use the skills for self-management. A DSMT program is accredited by the American Diabetes Association (ADA).

### III. POLICY

A. DSMT programs as described above are covered on an outpatient basis when the services are provided by:

1. An otherwise authorized individual professional provider who also meets the quality standards established by the National Standards for Diabetes Self-Management Education Program (NSDSMEP) recognized by the ADA; or

2. An otherwise authorized institutional TRICARE provider who is accredited by an accreditation organization approved by the Centers for Medicare and Medicaid Services (CMS) to provide DSMT services.

#### B. DSMT Coverage:

##### 1. Initial Training (First Year)

a. It is prescribed or ordered by a physician for beneficiaries who have diabetes.



E. Payment for DSMT.

1. Individual providers who furnish services as part of a DSMT program and who provide care under the supervision of a physician, e.g., Registered Dietitians (RDs), nutritionists, Registered Nurses (RNs), etc., may not bill separately for their services.

2. Only those authorized TRICARE institutional providers and those authorized TRICARE individual providers who are able to practice independently, whose DSMT program meets the provisions in paragraph III.A. may bill and receive payment for the entire DSMT program.

3. Healthcare Common Procedure Coding System (HCPCS) codes G0108 and G0109 identify covered DSMT program services. When billing for these codes the provider must provide a copy of his/her accreditation certificate. Pricing of these Level II HCPCS codes is under the allowable charge methodology per the TRICARE Reimbursement Manual (TRM). Once sufficient data is collected, the contractors, as part of the CHAMPUS Maximum Allowable Charge (CMAC) annual update, will be provided pricing information for these codes.

IV. EFFECTIVE DATE            July 1, 1998.

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