



QUICK GUIDE TO STANDARDS OF CARE FOR CHRONIC DISEASE SCREENING

Diabetes Self-Management Training (DSMT) Provided by Diabetes Care and Education Specialist (CDCES)

Refer patients with diabetes to a diabetes care and education specialist (CDCES) for diabetes self-management training (DSMT) at these critical points in their disease process:

At diagnosis

During an annual assessment

When a person with diabetes has new complicating factors that affect their self-management abilities

Upon transitions in care

In patients aged 65 years and older with diabetes, an endocrinologist or diabetes care specialist should be primarily responsible for diabetes care if the patient has type 1 diabetes, requires complex hyperglycemia treatment to achieve treatment goals, or has recurrent severe hypoglycemia, or has multiple diabetes complications.

Medicare Current Procedural Technology (CPT) codes for DSMT services:

G0108 – DSMT, individual, per 30 minutes

G0109 – DSMT, group (2 or more), per 30 minutes

Medicare covers 10 initial hours of DSMT within 12 consecutive months upon initiation of the services and then two hours of follow-up DSMT each following calendar year with a new referral.

Medicare will cover both DSMT and medical nutrition therapy (MNT) in the initial and subsequent years. A beneficiary can receive the full 10 hours of initial DSMT and the full three hours of MNT if providers do not bill for both DSMT and MNT on the same date of service for the same beneficiary.

CPT 95249, 95250 - Ambulatory Continuous Glucose Monitoring (CGM) of interstitial tissue fluid via a subcutaneous sensor for a minimum of 72 hours. A CDCES may also perform elements in these codes if “incident to guidelines” are met, meaning they are providing the services directed by a physician or other qualified healthcare provider.

References:

1. CDC DSMT Referral Process: <https://www.cdc.gov/diabetes/dsmes-toolkit/referrals-participation/referral-process.html>
2. CDC Medicare Reimbursement Guidelines for DSMT: <https://www.cdc.gov/diabetes/dsmes-toolkit/reimbursement/medicare.html>
3. Treatment of Diabetes in Older Adults: An Endocrine Society Clinical Practice Guideline: <https://pubmed.ncbi.nlm.nih.gov/30903688/>