



## QUICK GUIDE TO STANDARDS OF CARE FOR CHRONIC DISEASE SCREENING

# Recommendations for Type 2 Diabetes Screening

### Screening Is Highly Recommended for the Following Patient Populations:

- Adults 18-34 years old or older who are overweight or obese (Body Mass Index (BMI)  $\geq 25$  kg/m<sup>2</sup> or  $\geq 23$  kg/m<sup>2</sup> in Asian Americans) who have one or more of the following risk factors:
  - First-degree relative with diabetes
  - High-risk ethnicity (e.g., African American, Latino, Native American, Asian American, Pacific Islander)
  - History of cardiovascular disease
  - Hypertension ( $\geq 140/90$  mmHg or on therapy for hypertension)
  - High-density lipoprotein cholesterol level  $< 35$  mg/dL and/or a triglyceride level  $> 250$  mg/dL
  - Women with polycystic ovary syndrome
  - Physical inactivity
  - Other clinical conditions associated with insulin resistance (e.g., severe obesity, acanthosis nigricans)
- Patients with Human Immunodeficiency Virus
- Adults aged 35 or older

### Screening Frequency:

- Annual screening for **all adults** should start at the age of 35.
- Test patients with prediabetes (A1C  $\geq 5.7\%$ , impaired glucose tolerance or impaired fasting glucose) yearly.
- Provide lifelong testing at least every three years to women diagnosed with gestational diabetes mellitus.
- Repeat screening test for all patients at least every three years even if initial results were normal. Consider testing more frequently if initial results were concerning and new symptoms or risk factors emerge that indicate a need to screen earlier.

### Diabetes Diagnostic Tests

Test	Results Indicating Diabetes Diagnosis
Hemoglobin A1C	$\geq 6.5\%$
Fasting plasma glucose	$\geq 126$ mg/dL
2-hour plasma glucose during 75-g Oral Glucose Tolerance Test	$\geq 200$ mg/dL
Random plasma glucose	$\geq 200$ mg/dL
Point-Of-Care Testing of Hemoglobin A1C is not recommended for diagnosing diabetes.	

Healthcare Effectiveness Data and Information Set Measure Codes	
Hemoglobin A1C control for patients with diabetes (HBD)	Hemoglobin A1C test: 83037, 83036
	HbA1C Level $< 7.0\%$ : 3044F
	HbA1C Level $\geq 7.0\%$ and $< 8.0\%$ : 3051F
	HbA1C Level $\geq 8.0\%$ and $\leq 9.0\%$ : 3052F

Current Procedural Terminology®/Health Care Procedure Coding System (HCPCS) Codes for Diabetes-Related Preventative Services	
Diabetes screening	82947, 82950, 82951
Depression screening	G0444
Glaucoma screening	G0117, G0118
Cardiovascular disease screening	80061, 82465, 83718, 84478
Intensive behavioral therapy (IBT) for cardiovascular disease (CVD)	G0446
Intensive behavioral therapy (IBT) for obesity	G0447
Medical nutrition therapy (MNT) services	97802, 97803, 97804, G0270, G0271
Alcohol misuse screening & counseling	G0442, G0443
Counseling to prevent tobacco use	99406, 99407
Hepatitis B vaccine	90740, 90743, 90744, 90746, 90747, G0010

### References:

1. 2022 Diabetes Standards of Care: <https://diabetesjournals.org/clinical/article/40/1/10/139035/Standards-of-Medical-Care-in-Diabetes-2022>
2. Treatment of Diabetes in Older Adults: An Endocrine Society Clinical Practice Guideline: <https://pubmed.ncbi.nlm.nih.gov/30903688/>