

Table of Contents

State/Territory Name: California

State Plan Amendment (SPA) #: 18-0040

This file contains the following documents in the order listed:

- 1) Approval Letter
- 2) CMS 179 Form/Summary Form (with 179-like data)
- 3) Approved SPA Pages

DEPARTMENT OF HEALTH & HUMAN SERVICES
Centers for Medicare & Medicaid Services
90 Seventh Street, Suite 5-300 (5W)
San Francisco, CA 94103-6706



Regional Operations Group

October 24, 2019

Mari Cantwell
Chief Deputy Director, Health Care Programs
California Department of Health Care Services
P.O. Box 997413, MS 0000
Sacramento, CA 95899-7413

Dear Ms. Cantwell:

Enclosed is an approved copy of California State Plan Amendment (SPA) 18-0040, which was submitted to the Centers for Medicare & Medicaid Services (CMS) on December 26, 2018. SPA 18-0040 will add the Diabetes Prevention Program (DPP) as a Medi-Cal preventive service benefit to prevent or delay the onset of type 1 and type 2 diabetes for adults age 18 and older.

The effective date of this SPA is January 1, 2019. Enclosed are the following approved SPA pages that should be incorporated into your approved state plan:

- Limitations on Attachment 3.1-A, pages 18c and 18d
- Limitations on Attachment 3.1-B, pages 18c and 18d
- Supplement 33 to Attachment 4.19-B, page 1

If you have any questions, please contact Cheryl Young at 415-744-3598 or via email at Cheryl.Young@cms.hhs.gov.

Sincerely,

A black rectangular box redacting the signature of Richard C. Allen.

Richard C. Allen
Director
Western Regional Operations Group

cc: Jacey Cooper, California Department of Health Care Services (DHCS)
Rene Mollow, DHCS
Cynthia Smiley, DHCS
Jim Elliott, DHCS
Raquel Sanchez, DHCS
Angeli Lee, DHCS
Amanda Font, DHCS

TRANSMITTAL AND NOTICE OF APPROVAL OF STATE PLAN MATERIAL		1. TRANSMITTAL NUMBER: 18-0040	2. STATE CA
FOR: HEALTH CARE FINANCING ADMINISTRATION		3. PROGRAM IDENTIFICATION: TITLE XIX OF THE SOCIAL SECURITY ACT (MEDICAID)	
TO: REGIONAL ADMINISTRATOR HEALTH CARE FINANCING ADMINISTRATION DEPARTMENT OF HEALTH AND HUMAN SERVICES		4. PROPOSED EFFECTIVE DATE January 1, 2019	
5. TYPE OF PLAN MATERIAL (<i>Check One</i>):			
☐ NEW STATE PLAN ☐ AMENDMENT TO BE CONSIDERED AS NEW PLAN ☒ AMENDMENT			
COMPLETE BLOCKS 6 THRU 10 IF THIS IS AN AMENDMENT (<i>Separate Transmittal for each amendment</i>)			
6. FEDERAL STATUTE/REGULATION CITATION: Social Security Act 1905(a)(13) 42 CFR 440.130		7. FEDERAL BUDGET IMPACT: a. FFY 2018 \$116,000 b. FFY 2019 \$252,000	
8. PAGE NUMBER OF THE PLAN SECTION OR ATTACHMENT: Limitations on Attachment 3.1-A, page 18c and 18d Limitations on Attachment 3.1-B, page 18c and 18d Supplement 33 to Attachment 4.19B, page 1		9. PAGE NUMBER OF THE SUPERSEDED PLAN SECTION OR ATTACHMENT (<i>If Applicable</i>): Limitations on Attachment 3.1-A, page 18c Limitations on Attachment 3.1-B, page 18c Supplement 29 to Attachment 4.19B, page 1	
10. SUBJECT OF AMENDMENT: Diabetes Prevention Program			
11. GOVERNOR'S REVIEW (<i>Check One</i>):			
☐ GOVERNOR'S OFFICE REPORTED NO COMMENT ☐ COMMENTS OF GOVERNOR'S OFFICE ENCLOSED ☐ NO REPLY RECEIVED WITHIN 45 DAYS OF SUBMITTAL		☒ OTHER, AS SPECIFIED: The Governor's Office does not wish to review the State Plan Amendment.	
1.  1. Mari Cantwell 14. TITLE: Chief Deputy Director Health Care Programs State Medicaid Director 15. DATE SUBMITTED: December 26, 2018		16. RETURN TO: Department of Health Care Services Attn: State Plan Coordinator 1501 Capitol Avenue, MS 4506 P.O. Box 997417 Sacramento, CA 95899-7417	
FOR REGIONAL OFFICE USE ONLY			
17. DATE RECEIVED: December 26, 2018		18. DATE APPROVED: October 24, 2019	
PLAN APPROVED – ONE COPY ATTACHED			
19. EFFECTIVE DATE OF APPROVED MATERIAL: January 1, 2019		20. SIGNATURE OF REGIONAL OFFICIAL: 	
21. TYPED NAME: Richard C. Allen		22. TITLE: Director, Center for Medicaid & CHIP Services, Western Regional Operations Group	
23. REMARKS: Box 8: DHCS pen and ink change to add the new page 18d and the new Supplement 33 to Attachment 4.19B from Box 9 on 8/22/19.			

STATE PLAN CHART

TYPE OF SERVICE	PROGRAM DESCRIPTION**	PRIOR AUTHORIZATION OR OTHER REQUIREMENTS*
13c Preventive services (cont.) BHT Services (cont.)		Qualified Autism Service Professional (see BHT Services Chart in Supplement 6 to Attachment 3.1-A Page 1)
		Qualified Autism Service Paraprofessional (see BHT Services Chart in Supplement 6 to Attachment 3.1-A Page 1)
13c Diabetes Prevention Program (DPP) Services	DPP services are a set of medically necessary services recommended by a physician or other licensed practitioner of the healing arts to prevent or delay the onset of type 2 diabetes for beneficiaries with indications of prediabetes, in accordance with 42 CFR 440.130(c). DPP services provide a variety of behavioral and nutritional interventions identified as evidence-based by clinical research or studies and/or nationally recognized organizations specializing in disease control and prevention. Medically necessary DPP services are provided during sessions that occur at regular, periodic intervals over the course of one year, and, if eligible based upon individual measurable health-outcomes, additional ongoing maintenance sessions at regular, periodic intervals for another year. At these sessions, DPP services include:	A DPP services provider must be an organization enrolled in Medi-Cal and must have either pending, preliminary, or full recognition by the Centers for Disease Control and Prevention (CDC) for DPP. DPP services providers use lifestyle coaches for delivery of DPP services. DPP services are delivered by lifestyle coaches and must have completed nationally recognized training for delivery of DPP services. Lifestyle coaches may be: • Physicians • Licensed nonphysician practitioners, such as nurses, and physical therapists. • Unlicensed practitioners under the supervision of a DPP services provider or a licensed Medi-Cal practitioner.

* Prior authorization is not required for emergency service.

**Coverage is limited to medically necessary services

STATE PLAN CHART

TYPE OF SERVICE	PROGRAM DESCRIPTION**	PRIOR AUTHORIZATION OR OTHER REQUIREMENTS*
13c Diabetes Prevention Program (DPP) Services (Cont.)	• Individual or group nutrition or behavioral counseling. • Physical activity and fitness assessments. Comparable services are available to children under age 18, pursuant to EPSDT.	For DPP services delivered by unlicensed lifestyle coaches, the supervising Medi-Cal practitioner will assume professional liability for care of the patient and furnish services within its scope of practice according to state law. All lifestyle coaches must complete at least 12 hours of training in DPP services from an organization recognized by the CDC for DPP. All lifestyle coaches must be trained to the specific curriculum being used by the recognized organization before offering their first class.

* Prior authorization is not required for emergency service.

**Coverage is limited to medically necessary services

STATE PLAN CHART

TYPE OF SERVICE	PROGRAM DESCRIPTION**	PRIOR AUTHORIZATION OR OTHER REQUIREMENTS*
13c Preventive services (cont.) BHT Services (cont.)		Qualified Autism Service Professional (see BHT Services Chart in Supplement 6 to Attachment 3.1-A Page 1)
		Qualified Autism Service Paraprofessional (see BHT Services Chart in Supplement 6 to Attachment 3.1-A Page 1)
13c Diabetes Prevention Program (DPP) Services	DPP services are a set of medically necessary services recommended by a physician or other licensed practitioner of the healing arts to prevent or delay the onset of type 2 diabetes for beneficiaries with indications of prediabetes, in accordance with 42 CFR 440.130(c). DPP services provide a variety of behavioral and nutritional interventions identified as evidence-based by clinical research or studies and/or nationally recognized organizations specializing in disease control and prevention. Medically necessary DPP services are provided during sessions that occur at regular, periodic intervals over the course of one year, and, if eligible based upon individual measurable health-outcomes, additional ongoing maintenance sessions at regular, periodic intervals for another year. At these sessions, DPP services include:	A DPP services provider must be an organization enrolled in Medi-Cal and must have either pending, preliminary, or full recognition by the Centers for Disease Control and Prevention (CDC) for DPP. DPP services providers use lifestyle coaches for delivery of DPP services. DPP services are delivered by lifestyle coaches and must have completed nationally recognized training for delivery of DPP services. Lifestyle coaches may be: • Physicians • Licensed nonphysician practitioners, such as nurses, and physical therapists. • Unlicensed practitioners under the supervision of a DPP services provider or a licensed Medi-Cal practitioner.

* Prior authorization is not required for emergency service.

**Coverage is limited to medically necessary services

STATE PLAN CHART

TYPE OF SERVICE	PROGRAM DESCRIPTION**	PRIOR AUTHORIZATION OR OTHER REQUIREMENTS*
13c Diabetes Prevention Program (DPP) Services (Cont.)	• Individual or group nutrition or behavioral counseling. • Physical activity and fitness assessments. Comparable services are available to children under age 18, pursuant to EPSDT.	For DPP services delivered by unlicensed lifestyle coaches, the supervising Medi-Cal practitioner will assume professional liability for care of the patient and furnish services within its scope of practice according to state law. All lifestyle coaches must complete at least 12 hours of training in DPP services from an organization recognized by the CDC for DPP. All lifestyle coaches must be trained to the specific curriculum being used by the recognized organization before offering their first class.

* Prior authorization is not required for emergency service.

**Coverage is limited to medically necessary services

REIMBURSEMENT METHODOLOGY FOR DIABETIC PREVENTION PROGRAM
SERVICES

- 1) Effective January 1, 2019, the reimbursement rates for Diabetes Prevention Program (DPP) services will be set at no more than 80 percent of the corresponding Medicare rate for the same or similar service. Any rate reflected at or below 80 percent will not be decreased until federal approval is obtained.
- 2) Except as otherwise noted in the State plan, state-developed fee schedules are the same for both governmental and private providers of DPP services. The department's fee schedule rates were set as of January 1, 2019 and are effective for services provided on or after that date. All Medi-Cal Fee-for-Service rates are published at: <http://files.medi-cal.ca.gov/pubsdoco/rates/rateshome.asp>.