

## **Table of Contents**

**State/Territory Name:**                      **New York**

**State Plan Amendment (SPA) #:**      **23-0089**

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  
601 E. 12th St., Room 355  
Kansas City, Missouri 64106



Medicaid and CHIP Operations Group

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December 19, 2023

Amir Bassiri  
Medicaid Director  
Office of Health Insurance Programs  
New York State Department of Health  
One Commerce Plaza Rm. 1605  
Albany, NY 12237

Re: New York State Plan Amendment (SPA) 23-0089

Dear Director Bassiri:

The Centers for Medicare & Medicaid Services (CMS) reviewed your Medicaid State Plan Amendment (SPA) submitted under transmittal number (TN) NY-23-0089. This amendment proposes to cover the Chronic Disease Self-Management Program (CDSMP) for Arthritis for dates of service on or after October 1, 2023.

We conducted our review of your submittal according to statutory requirements in Title XIX of the Social Security Act. This letter is to inform you that New York Medicaid SPA 23-0089 was approved on December 18, 2023, with an effective date of October 1, 2023.

If you have any questions, please contact Melvina Harrison at 212-616-2247 or via email at [Melvina.Harrison@cms.hhs.gov](mailto:Melvina.Harrison@cms.hhs.gov).

Sincerely,

James G. Scott, Director  
Division of Program Operations

**TRANSMITTAL AND NOTICE OF APPROVAL OF  
STATE PLAN MATERIAL  
FOR: CENTERS FOR MEDICARE & MEDICAID SERVICES**

1. TRANSMITTAL NUMBER

2 3 — 0 0 8 9

2. STATE

N Y

3. PROGRAM IDENTIFICATION: TITLE OF THE SOCIAL SECURITY ACT

XIX  XXI

TO: CENTER DIRECTOR  
CENTERS FOR MEDICAID & CHIP SERVICES  
DEPARTMENT OF HEALTH AND HUMAN SERVICES

4. PROPOSED EFFECTIVE DATE

October 1, 2023

5. FEDERAL STATUTE/REGULATION CITATION

§ 1905(a)(13) Other Diagnostic, Screening, Prev., and Rehab Svc

6. FEDERAL BUDGET IMPACT (Amounts in WHOLE dollars)

a. FFY 10/01/23-09/30/24 \$ 675,630  
b. FFY 10/01/24-09/30/25 \$ 675,630

7. PAGE NUMBER OF THE PLAN SECTION OR ATTACHMENT

Attachment 3.1-A Supplement: Page 2(c.1.9)  
Attachment 3.1-B Supplement: Page 2(c.1.9)

Attachment 4.19-B: Page 20

8. PAGE NUMBER OF THE SUPERSEDED PLAN SECTION OR ATTACHMENT (If Applicable)

NEW

9. SUBJECT OF AMENDMENT

Chronic Disease Self-Management Program (CDSMP) for Arthritis

10. GOVERNOR'S REVIEW (Check One)

- GOVERNOR'S OFFICE REPORTED NO COMMENT  
 COMMENTS OF GOVERNOR'S OFFICE ENCLOSED  
 NO REPLY RECEIVED WITHIN 45 DAYS OF SUBMITTAL

OTHER, AS SPECIFIED:

11. SIGNATURE OF STATE AGENCY OFFICIAL

12. TYPED NAME

Amir Bassiri

13. TITLE

Medicaid Director

14. DATE SUBMITTED

September 29, 2023

15. RETURN TO

New York State Department of Health  
Division of Finance and Rate Setting  
99 Washington Ave – One Commerce Plaza  
Suite 1432  
Albany, NY 12210

**FOR CMS USE ONLY**

16. DATE RECEIVED

09/29/2023

17. DATE APPROVED

12/18/2023

**PLAN APPROVED - ONE COPY ATTACHED**

18. EFFECTIVE DATE OF APPROVED MATERIAL

10/01/2023

19. SIG

20. TYPED NAME OF APPROVING OFFICIAL

James G. Scott

21. TITLE OF APPROVING OFFICIAL

Director, Division of Program Operations

22. REMARKS

**New York  
2(c.1.9)**

**1905(a)(13) Other Diagnostic, Screening, Preventive, and Rehabilitative Services**

**Chronic Disease Self-Management Program (CDSMP) for Arthritis**

New York State Medicaid covers the Chronic Disease Self-Management Program (CDSMP) as outlined by the Self-Management Resource Center (SMRC) for Medicaid members diagnosed with arthritis. CDSMP is an evidence-based, self-management interactive program for adults that focuses on disease management skills including decision-making, problem-solving, and action planning to prolong life and promote the health of the Medicaid member. CDSMP services are provided as preventive services pursuant to 42 C.F.R. Section 440.130(c) and must be ordered by a physician or other licensed practitioner acting within their scope of practice under state law.

The SMRC only grants programmatic recognition to organizational entities. Therefore, only organizations that have achieved SMRC recognition can be enrolled in Medicaid for the purpose of rendering CDSMP services to Medicaid members.

CDSMP services must be delivered by teams of two trained leaders. Leaders must have received formal training on an SMRC-approved curriculum, successfully completed four days of in-person leader training or 12 sessions of virtual training, and successfully facilitated a workshop within the initial 12 months after training. The SMRC-recognized organization will supervise the SMRC-trained providers providing CDSMP services on behalf of the organization.

Providers will work with Medicaid members to provide them with a practical understanding of the positive impacts of learning and practicing techniques to adapt to their condition, gain confidence and control over their lives, and build an arthritis self-management program specific to their needs by assisting members. Specific services include:

- Counseling to manage the physical and psychological effects of arthritis.
- Health coaching to promote an understanding of the disease, to teach beneficiaries how to identify and access services, to help beneficiaries understand the importance of diet and exercise; and to identify and adapt other strategies to prevent disease progression.

**TN**       **#23-0089**      

**Supersedes TN**       **#NEW**      

**Approval Date:** **12/18/2023**

**Effective Date:** **October 1, 2023**

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New York  
20

**1905(a)(13) Other Diagnostic, Screening, Preventive, and Rehabilitative Services**

**Chronic Disease Self-Management Program (CDSMP) for Arthritis**

Effective for services provided on or after October 1, 2023, payments for Chronic Disease Self-Management Program (CDSMP) for arthritis are made in accordance with a fee schedule developed by the Department of Health and approved by the Division of Budget. The fee schedule, and any annual/periodic adjustments made, are published on the official eMedNY web page, titled "New York State Free Standing or Hospital Based Ordered Ambulatory Manual," available at:

[https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.emedny.org%2FProviderManuals%2FOrderedAmbulatory%2FPDFS%2FOrderedAmbulatory\\_Fee\\_Schedule.xls&wdOrigin=BROWSELINK](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.emedny.org%2FProviderManuals%2FOrderedAmbulatory%2FPDFS%2FOrderedAmbulatory_Fee_Schedule.xls&wdOrigin=BROWSELINK)

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