

## **Table of Contents**

**State/Territory Name: New York**

**State Plan Amendment (SPA) #: 19-0037**

This file contains the following documents in the order listed:

- 1) Approval Letter
- 2) CMS 179 Form
- 3) Approved SPA Pages

DEPARTMENT OF HEALTH & HUMAN SERVICES  
Centers for Medicare & Medicaid Services  
26 Federal Plaza, Room 37-100  
New York, New York 10278



**Regional Operations Group**

ROG: MT: SPA NY-19-0037

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September 4, 2019

Donna Frescatore  
Deputy Commissioner  
Office of Health Insurance Programs  
New York State Department of Health  
One Commerce Plaza, Suite 1211  
Albany, NY 12210.

Dear Ms. Frescatore:

This is to notify you that New York State Plan Amendment (SPA) #19-0037 has been approved for adoption into the State Medicaid Plan with an effective date of July 1, 2019. This SPA authorizes the diabetes prevention services as outlined by the Centers for Disease Control and Prevention recognized National Diabetes Prevention Program.

Enclosed are copies of the approved SPA # 19-0037. If you have any questions or wish to discuss this SPA further, please contact Maria Tabakov. Ms. Tabakov may be reached at (212) 616-2503.

Sincerely,

A solid black rectangular box redacting the signature of Nicole McKnight.

Nicole McKnight  
Acting Deputy Director  
Regional Operations Group

cc: MLevesque  
RDeyette  
DSteinbach  
JHounsell  
RWeaver

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

1. TRANSMITTAL NUMBER  
1 9 — 0 0 3 7

2. STATE  
New York

3. PROGRAM IDENTIFICATION: TITLE XIX OF THE SOCIAL SECURITY ACT (MEDICAID)  
TITLE XIX OF THE SOCIAL SECURITY ACT (MEDICAID)

TO: REGIONAL ADMINISTRATOR  
CENTERS FOR MEDICARE & MEDICAID SERVICES  
DEPARTMENT OF HEALTH AND HUMAN SERVICES

4. PROPOSED EFFECTIVE DATE  
July 1, 2019

5. TYPE OF PLAN MATERIAL (Check One)

- NEW STATE PLAN       AMENDMENT TO BE CONSIDERED AS NEW PLAN       AMENDMENT

COMPLETE BLOCKS 6 THRU 10 IF THIS IS AN AMENDMENT (Separate transmittal for each amendment)

6. FEDERAL STATUTE/REGULATION CITATION  
§1902(a) of the Social Security Act, and 42 CFR 447.205

7. FEDERAL BUDGET IMPACT  
a. FFY 07/01/19-09/30/19 \$ ( 30 2.64 )  
b. FFY 10/01/19-09/30/20 \$ (1,210.54)

8. PAGE NUMBER OF THE PLAN SECTION OR ATTACHMENT

Attachment 3.1-A Supplement: Page 2(c.1.2)  
Attachment 3.1-B Supplement: Page 2(c.1.2)  
Attachment 4.19-B: Page 19

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

Attachment:

10. SUBJECT OF AMENDMENT

NDPP  
(FMAP=50%)

11. GOVERNOR'S REVIEW (Check One)

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

12. SIGNATURE OF STATE AGENCY OFFICIAL

13. TYPED NAME  
Donna Frescatore

14. TITLE  
Medicaid Director, Department of Health

15. DATE SUBMITTED June 28, 2019

16. 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 REGIONAL OFFICE USE ONLY**

17. DATE RECEIVED

18. DATE APPROVED  
SEPTEMBER 04, 2019

**PLAN APPROVED - ONE COPY ATTACHED**

19. EFFECTIVE DATE OF APPROVED MATERIAL  
JULY 01, 2019

20. SIGNATURE OF REGIONAL OFFICIAL

21. TYPED NAME  
NICOLE McKNIGHT

22. TITLE Acting Deputy Director  
Regional Operations Group

23. REMARKS

New York  
2(c.1.2)

**13c. Preventive Services**

**National Diabetes Prevention Program (NDPP)**

For dates of service on or after July 1, 2019, Medicaid will begin covering diabetes prevention services as outlined in the Centers for Disease Control and Prevention (CDC)-recognized National Diabetes Prevention Program (NDPP). The NDPP is an evidence-based, educational and support program designed to assist at-risk individuals from developing Type 2 diabetes. Diabetes services are provided as preventive services pursuant to 42 C.F.R. Section 440.130(c) and must be recommended by a physician or other licensed practitioner of the healing arts within his or her scope of practice under state law to prevent diabetes, prolong life, and promote the physical and mental health of the beneficiary.

The CDC grants NDPP recognition only to organizational entities. Therefore, only organizations that have achieved CDC recognition can be enrolled in Medicaid as an NDPP provider. Individuals who wish to participate in the Medicaid NDPP program may do so as a trained "Lifestyle Coach" once they meet the standards and guidelines specified in the CDC's Diabetes Prevention Recognition Program (DPRP). Only the organizations that are enrolled in Medicaid as NDPP providers may bill for NDPP services. The CDC-recognized organization will supervise Lifestyle Coaches and must ensure that the individual Lifestyle Coaches providing NDPP services on behalf of the organization have been formally trained and have complied with the requirements outlined by the CDC.

A Lifestyle Coach may be a physician, non-physician practitioner, or an unlicensed person who has received formal training on a CDC-approved curriculum for at least 12 hours and is recognized as having met the NDPP requirements specified in the CDC's Diabetes Prevention Recognition Program (DPRP) standards and guidelines.

Lifestyle Coaches will work with Medicaid members to provide them with a practical understanding of the positive impacts of healthier, sustained dietary habits; increased physical activity; and behavior change strategies for weight control; and will offer the following services with the goal to prevent Type 2 diabetes:

- Counseling related to long-term dietary change, increased physical activity, and behavior change strategies for weight control;
- Counseling and skill building to facilitate the knowledge, skill, and ability necessary to prevent the onset of Type 2 diabetes; and
- Nutritional counseling.

TN #19-0037 Approval Date 09/04/2019  
Supersedes TN NEW Effective Date 07/01/2019

New York  
2(c.1.2)

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New York  
19

**National Diabetes Prevention Program (NDPP)**

Reimbursement Methodology:

Effective July 1, 2019, the Medicaid rate for NDPP services will be set at 80 percent of the corresponding 2019 Medicare NDPP rate for the same or similar service.

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