Health Insurance Coverage Laws and Policies for Diabetes Self-Management, Education and Training (DSME/T)

Prepared by the Policy Surveillance Program and ChangeLab Solutions

SUMMARY
This map provides an overview of state laws that require insurance coverage for diabetes self-management, education and training (DSME/T). Fact sheets for each state include epidemiological data on the state’s diabetes burden, and a summary of insurance coverage for DSME/T in the state, which include Medicaid coverage in sub-regulatory Medicaid materials such as managed care contracts, provider manuals, and Medicaid agency guidance.

ABOUT [TOPIC] & THE DATA
More than 29 million adults in the United States have diabetes, and about 86 million have prediabetes or are at an increased risk of developing Type 2 diabetes. Teaching patients to monitor and manage their diabetes is an important method for controlling this disease. Many states require all public and private health insurance plans to cover diabetes self-management education and training (DSME/T). This map shows which states have laws that require such coverage for both private insurance plans and Medicaid, and provides information on legal requirements for, among other things, when DSME/T coverage is triggered, what specific activities are covered, and the standards that DSME/T must meet.

This map and dataset only include information on Medicaid coverage required by state laws or regulations. Fact sheets for each state provide additional information on Medicaid coverage, including coverage requirements in sub-regulatory Medicaid materials such as contractual agreements with managed care organizations, Medicaid provider manuals, and state Medicaid agency guidance.

Some findings from the dataset include:

- Thirteen states establish coverage caps for DSME/T under private insurance coverage.

- Fourteen states require DSME/T providers to be accredited by a national DSME/T certification body under private insurance coverage, while eight states require DSME/T providers to be accredited by a national DSME/T certification body under Medicaid coverage.

- Thirty-four states and the District of Columbia allow for DSME/T to be conducted in an outpatient setting under private insurance coverage, while 11 states allow for DSME/T to be conducted in an outpatient setting under Medicaid coverage.

The data reflects DSME/T laws from August 1, 2016 to May 1, 2017.

NAVIGATING THE DATA

Essential Information for Health Insurance Coverage Laws for DSME/T – May 2017
There are two ways to navigate the data by clicking the **Filter** tab or the **Explore** tab — for each option, the data can be visualized in a map and table format or in jurisdiction profiles.

**Filter**
The dataset homepage will default to the Filter tab. Here, users may answer a series of questions to learn more about the characteristics of the laws. Answering more than one question will show all the jurisdictions that meet the combined criteria. Criteria selected will be listed above the questions, and can be removed by clicking the white X or by clicking “Reset” above the questions.

**Explore**
Users can access Explore by clicking the Explore tab in the bar above the questions. Using Explore, users will see the answers to one question across all jurisdictions.

- Does the law require insurance plans to cover DSME/T?
  - What triggers coverage of DSME/T?
  - Is there a coverage cap for DSME/T?
  - Does the law on DSME/T specify cost-sharing amounts?*  
  - What type(s) of health care practitioners can order DSME/T?
  - What type(s) of health care practitioners can deliver DSME/T?
  - What qualifications are required for DSME/T providers?
  - What program features are required as a part of DSME/T?
  - In what settings may DSME/T be conducted?

*The primary question “Does the law on DSME/T specify cost-sharing amounts?” was only asked for private insurance.

**DISPLAYING THE RESULTS**

There are two display modes once criteria have been selected by using either the Filter or Explore tab — **Map** display mode and **Profiles** display mode.

**Map Display**
LawAtlas.org dataset homepages default to the map display mode. When querying the data using the Filter tab, all jurisdictions that meet the criteria selected will display in one tone of yellow. Those jurisdictions that do not meet the criteria selected will be colored gray. When querying the data using the Explore tab, the map will illuminate with colors from yellow to red that are associated with the various answer choices (the color-coding is defined by the key to the left of the map).

Below the map, a table will appear. Using the Filter or Explore tab to navigate the questions will change the display:

- Using the Filter tab, you can select an unlimited number of criteria and the applicable jurisdictions that meet the combined criteria will be displayed in the table below.
- Using the Explore tab, you can isolate a single criterion and the applicable jurisdictions will appear in the table below.

**Profiles Display**
The Profiles display presents the results of the criteria selected in a text-based format for each applicable jurisdiction. Using the Filter tab, jurisdictions that meet the criteria selected will
display. Using the Explore tab, jurisdictions that meet the criterion selected will display. If no criteria are selected, the full profiles for each state will appear under both Filter and Explore.

Profile Legend
Within each Profile box, above the questions and answers, there are additional options and information useful in exploring the law:

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>§§</td>
<td><strong>Toggle Legal Text</strong> – Selecting this option will show all the legal text used to answer questions for this jurisdiction.</td>
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<td><strong>Toggle Full Place Profile</strong> – Selecting this option will show all questions and answers for this jurisdiction, regardless of what was selected using the Filter or Explore tabs.</td>
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<td><strong>Toggle Size</strong> – Selecting this option will make the profile larger, but will not change the information displayed.</td>
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<td><strong>Legal Text History</strong> – This interactive timeline displays when changes in the law have occurred within a jurisdiction. Using the arrows to the left or right, users may explore how the law has changed over time as new amendments to the law have been enacted. The timeline will change from gray to a shade of yellow when the jurisdiction passed its first relevant law. Each change in the law after that is marked by a break in the timeline.</td>
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<td>![Timeline Image]</td>
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Map and Profile Legend
There are a few symbols to be aware of in both Map and Profiles display modes:

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<table>
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<tbody>
<tr>
<td>§</td>
<td><strong>Section Symbol</strong> – Clicking this symbol will open a window that displays excerpts from the law that correspond to the question and answer.</td>
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<tr>
<td>!</td>
<td><strong>Caution Note</strong> – Clicking on this symbol will open a small window that displays text that describes important caveats about the question and answer.</td>
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DATASET RESOURCES
Each dataset homepage includes the following resources available for download:

- Data: The Data file exports in CSV format and may contain two tabs. The “Statistical Data” tab contains the legal variables coded in the dataset, displayed as values defined in the accompanying Codebook. The “Summary Data” tab contains the legal variables coded in the dataset in text form, as well as the accompanying citations and any caution
notes that may be included. Note: if there is only one tab available for download it will be the “Statistical Data” as described above.

- Codebook: The Codebook defines all of the coded variables in the dataset. The Codebook lists the question, question type, variable name, variable value and variable label. The Codebook should be used in conjunction with the Statistical Data extract.

- Research Protocol: The Research Protocol is a comprehensive document that outlines the entire methodology of the project, including the scope, inclusion and exclusion criteria, data collection methods, definitions, coding scheme decisions, as well as the quality control process.

- Summary Report: The Summary Report provides a snapshot of important findings from the dataset.

ADDITIONAL INFORMATION
For more information about this topic please see:

- A DSME/T Overview, National Map, and Literature Review
  http://changelabsolutions.org/publications/DSMET-Overview

- Fact Sheets Summarizing DSME/T Insurance Coverage Requirements in Each State:
  http://www.changelabsolutions.org/publications/DSMET-State-Profiles

- Diabetes Information from the CDC:
  www.cdc.gov/diabetes/new/index.html
  https://www.cdc.gov/diabetes/ndep/index.html

- Medicare DSME/T Information:
  www.aoa.gov/AoA_Programs/HPW/Diabetes/

This collection of laws does not provide legal advice nor does it address enforcement of laws, administrative policies, case law, or any other sources of law. Should you have a specific question about these laws in your state, please contact an attorney in your jurisdiction.

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