

Diabetes self-management training for PCPs

UniCare Health Plan of West Virginia, Inc. (UniCare) appreciates the care and compassion with which you care for your patients and our members. We strive to support the patient-physician relationship, which ultimately drives all quality improvement. By working together, we can encourage good healthy habits and help our members get the right care.

Effective November 1, 2019, UniCare will increase the limit of units allowed before prior authorization is required on the following diabetes self-management training (DSMT) codes:

- G0108 — DSMT individual, per 30 minutes
- G0109 — DSMT group session (2 or more), per 30 minutes

What is the DEEP™?

The Diabetes Education Empowerment Program (DEEP) is nationally accredited by the American Association of Diabetes Educators (AADE) and managed by trained diabetes educators. DEEP can consist of up to six 2-hour DSMT sessions to complete the training modules.

What is diabetes self-management training?

DSMT is an essential part of diabetes care that provides people with diabetes the knowledge, skills and ability to perform diabetes self-care tasks. A diabetes educator works closely with the patient to provide DSMT services. This involves informed decision-making, problem-solving and collaboration with the health care team to improve clinical outcomes, health status and quality of life for people with diabetes.

Who can provide DSMT?

Patients, community health workers or health professionals must be certified to provide DSMT.

There are three levels of trainer for DEEP:

- Senior trainers — train professional and community health care workers to effectively train others in DEEP
- Lead trainers — train peer educators and patients or clients
- Peer educators — train patients or clients and can be a diabetes patient or community member who wants to help other residents understand how to manage their diabetes

Individuals who wish to become certified must be trained by a certified DEEP senior trainer or lead trainer.

The benefit information in this communication is a brief summary, not a complete description of benefits. Limitations and restrictions may apply. If you have questions about this communication or need assistance with any other item, please contact our Customer Care Center at **1-800-782-0095**.