



DIABETES SELF-MANAGEMENT EDUCATION

Teaching patients to manage their diabetes and prevent complications

- ❖ Diabetes Self-Management Education (DSME) is a health education class shown to **reduce blood glucose and associated diabetic conditions**.
- ❖ DSME has been shown to prevent, delay, and mitigate diabetes, yet **pre-diabetic patients cannot access these services**. Even for diabetic patients, cost-sharing and **restrictions on the number of covered hours limit access**.
- ❖ New Jersey Medicaid **should require Managed Care Organizations (MCOs) to cover DSME** for both diabetic and pre-diabetic patients, which would allow a doctor to prescribe more hours of education, depending on a patient's needs.
- ❖ New Jersey's Department of Health (DOH) should work with non-governmental partners to **nominate DSME to the U.S. Preventive Services Taskforce**, which would allow New Jerseyans to access the program free-of-charge, conditional on a successful cost-benefit evaluation.

What is Diabetes Self-Management Education (DSME)?

DSME is an educational program that aims to improve self-management behavior to reduce risks associated with diabetes. DSME involves classroom training on healthy choices, taking medications, monitoring blood glucose levels, and other aspects of living with diabetes. Patients participate in demonstration, observation, role playing and problem solving scenarios to acquire skills in DSME. New Jersey requires private insurers to cover DSME, but MCOs are not required to cover DSME for Medicaid patients.

Check out DSME in the
New Jersey PATHS Report:
pp. 6–7, 51–52, 55–56, 59–60, 88–90

Why should New Jersey enhance coverage of these programs?

Studies show that DSME significantly improves diabetics' blood sugar levels. For this reason, the American Diabetes Association recommends that both diabetics and pre-diabetics utilize DSME. New Jersey Medicaid should cover DSME for pre-diabetics because it reduces the chances of developing type 2 diabetes. MCOs should be required to cover sufficient hours of DSME to allow patients to reap the full benefits of the service, because studies show that without ongoing support, diabetic patients are more likely to lose the benefits of DSME and return to unhealthy blood sugar levels.

What should New Jersey do?

1. The Legislature can add a **statutory requirement for Medicaid to cover DSME** for people diagnosed with both pre-diabetes and diabetes. This requirement should allow coverage for the number of hours recommended by the prescribing provider.
2. DOH should work with non-governmental partners to **nominate DSME to the U.S. Preventive Services Taskforce**, which could allow New Jerseyans on Medicare and private insurance to access the program free of charge.

FOR MORE INFORMATION, CONTACT:

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