



Success Story: Michigan Medicaid Demonstration Project for Diabetes Prevention

Background

In 2015, the Michigan Department of Health and Human Services (MDHHS) began exploring policy options to establish Medicaid coverage of the National Diabetes Prevention Program (National DPP).

From 2020-2023, the Michigan Department of Health and Human Services (MDHHS) utilized CDC 1815 funds to partner with CDC-recognized organizations to engage Medicaid Managed Care Organizations (MCOs) through a state-sponsored pilot of the National DPP lifestyle change program.

The pilot's unique structure emphasized providing technical assistance to CDC-recognized organizations while collecting data to support the development of a statewide Medicaid benefit. Each CDC-recognized National DPP provider organization funded through the pilot submitted data on per-participant costs, and MDHHS collected evaluation data on enrollment, attendance, and weight loss.

Implementation and Partnerships

As a first step, MDHHS surveyed MCOs to assess current efforts around diabetes prevention. Second, MDHHS attended a MCO convening that addressed “Pay for Success” models of care in partnership with the National Kidney Foundation of Michigan (NKFM) to pitch the idea of a National DPP lifestyle change program pilot. The pilot was framed as “free to the MCO” as MDHHS had funding to pay for MCO participation, providing the opportunity to work with experienced and CDC-recognized National DPP providers while receiving technical assistance provided from the state. It was also presented as an opportunity to set up the necessary processes that may be required of MCOs if the program became a statewide Medicaid benefit.

Initially, the pilot launched with MCO, UnitedHealthcare Community Plan (UHCCP), working collaboratively with NKFM and Corewell Health to provide the National DPP for their Medicaid members. With the help of a champion at UHCCP, steps were taken to examine prediabetes data to support the need and establish targets for pilot engagement. Additional MCOs joined the pilot after one year, including McLaren Health, Blue Cross Complete, and Priority Health.



Success Story: Michigan Medicaid Demonstration Project for Diabetes Prevention Pg 2.

Strategies for Success

Michigan's pilot emphasized the importance of building sustainable diabetes prevention infrastructures. Key strategies included:

- **MCO readiness:** MCOs recruited to participate in the pilot were surveyed prior to assess their capacity to staff the initiative, pull prediabetes data, conduct outreach, and share health information.
- **Focused scope:** The pilot began focusing on 30 UHCC MCO members eligible for National DPP. MDHHS tested a \$1000 per participant reimbursement rate per member to account for program delivery and social support, collection of detailed effectiveness data, and refinement of administrative processes.
- **Identifying champions:** UHCC's Population Health Director emerged as a key champion, fostering competition among other MCOs to start their own pilots with state funds.
- **Data effectiveness:** The pilot enabled MI DHHS to collect data on the effectiveness of the program and test administrative processes, including mock claims submission and reporting.
- **Technical assistance (TA):** In parallel, TA was provided to the participating National DPP provider organizations. They collected per-participant costs and evaluation data and created performance improvement plans. MDHHS offered TA around program quality and reduced pilot reimbursement amounts if standards were not met. This allowed MDHHS to further develop statewide Medicaid benefits and to create a viable pay-for-performance model.

Achievements and Impact

The successful implementation and outcomes of Michigan's National Diabetes Prevention Program (DPP) pilot, combined with data demonstrating the program's cost-effectiveness and projections for statewide coverage, led directly to the enactment of a state plan amendment (SPA) in July 2023.

The SPA established Michigan's Diabetes Prevention Program (MiDPP). By incorporating the MiDPP under the "Preventive Services" section, the SPA established a new provider type for the reimbursement of Lifestyle Coaches. This integration ensured that the National DPP lifestyle change program could be sustainably offered as a statewide Medicaid benefit. The amendment's success lies in its ability to secure long-term funding and support, enhancing the accessibility and effectiveness of preventive health measures for Medicaid beneficiaries across Michigan.

This pilot and resulting impact highlights Michigan's commitment to reducing the incidence of type 2 diabetes through proactive and collaborative healthcare interventions.

For more information:

More comprehensive details on Michigan's National DPP pilot can be found on the [National Diabetes Prevention Program Coverage Toolkit Website](#).