

**SOONERCARE AND
SOONERQUIT
DIABETES SELF-
MANAGEMENT
EDUCATION &
SUPPORT AND
MEDICAL NUTRITION
THERAPY**

June 2023



LEARNING OBJECTIVES

1. SoonerQuit Program (OHCA & TSET)
2. Oklahoma Diabetes Statistics & SoonerCare Members
3. New Web Pages, Materials, and other Resources
4. Diabetes Self-Management Education & Support (DSMES) Services & Suboptimal Utilization
5. Medical Nutrition Therapy (MNT) Benefit

SOONERQUIT PROGRAM

- Assists SoonerCare providers with integrating tobacco cessation best practices into routine patient care and offers technical assistance.
- Promotes and increases access to SoonerCare's tobacco cessation benefit and the Oklahoma Tobacco Helpline (OTH) to increase utilization by providers and members.
- Assists providers with implementing a comprehensive Tobacco Free Environment policy for their clinic.

SOONERQUIT PROGRAM

- Develops and executes awareness and benefits' campaigns related to Sooner Care's Tobacco Cessation, Low-Dose Lung Cancer Screenings, and Obesity Reduction (Nutrition Counseling and Diabetes Self-Management Education and Support- DSMES), through the agency's media avenues and by partnering with internal and external partners.
- Is actively increasing enrollment of DSMES providers through outreach and recruitment efforts and in the future, Registered Dietitians for MNT/Nutrition Counseling.

DIABETES STATISTICS

STATE OF THE STATE OF DIABETES

According to the most recent data reported by the Behavioral Risk Factor Surveillance System (BRFSS, 2021):

- In 2021, OK had the 9th highest diabetes prevalence in the nation. More than 390,000 Oklahoma adults reported having a diabetes diagnosis; this equates to about one out of every eight Oklahoman adults, or 12.8%.
- Using the Centers for Disease Control and Prevention's (CDC) estimate of 34.5%, over 1 million Oklahomans may have prediabetes, a precursor to Type 2 diabetes.
- Nine out of 10 of these individuals do not know they are at risk for developing diabetes. Without a change in lifestyle behaviors, 15–30% of these individuals (155,000–300,000) will convert to Type 2 diabetes in 5–10 years.

DIABETES & SOONERCARE MEMBERS

- The current number of SoonerCare (Oklahoma Medicaid) members with a diabetes-related claim is 58,433; this is 5.4% of the SoonerCare population. For OHCA, the number of SoonerCare members with diabetes has decreased by 0.2% since 2019.
- Type 2 diabetes is the most prevalent type of diabetes in the SoonerCare population. An estimated 75%, or 3 out of 4 members with diabetes, have a diagnosis of Type 2.
- According to the latest report from the American Diabetes Association (2018), estimated total overall costs for people diagnosed with diabetes is \$327 billion. Individuals with diabetes can expect to spend 2.3 times more on medical care as individuals without a diabetes diagnosis.

Oklahoma Diabetes Prevention Report, 2023, prepared by OHCA and OSDH

**PROVIDER
NEW WEBPAGES**

**DIABETES &
MNT/NUTRITION
COUNSELING**




SoonerCare

 **Member Log In**


- [Apply for SoonerCare](#)
- [Member Toolkit](#)
- [Insure Oklahoma](#)
- [SoonerCare Programs](#)
- [SoonerCare Benefits](#)

SoonerSelect

 **About**

- [Apply for SoonerSelect](#)
- Agency Readiness
- [Medical Plans](#)
- [Dental Plans](#)
- Children's Specialty
- [Reports](#)

Providers

 **Provider Portal**

- [Provider Enrollment](#)
- [Provider Toolkit](#)
- [Training](#)
- [Claim Tools](#)
- [PCMH](#)
- [MAII](#)

in secure connection

Providers

Types

Provider Portal

Forms

Provider Training

Provider Services

Provider Enrollment

Provider Toolkit

Policies and Rules

Publications

Electronic Health Record Incentive
Program

Providers

[+ Provider Portal](#)

Types

- [All Types](#)
- [Behavioral Health](#)
- [Child Health/EPSTD](#)
- [Dental](#)
- [Diabetes](#)
- [Durable Medical Equipment](#)
- [Federally Qualified Health Centers](#)
- [Hospitals](#)
- [Long-Term Care Services](#)
- [Medical Authorization Unit \(MAU\)](#)
- [MNT/Nutrition Counseling](#)
- [Patient-Centered Medical Home](#)
- [Perinatal Services](#)
- [Pharmacy](#)
- [Physicians](#)
- [Rural Health Clinics](#)
- [School-Based](#)
- [SoonerCare Choice](#)
- [SoonerPlan Family Planning Waiver](#)
- [Tribal Relations](#)
- [Resource: Provider Types and Specialties](#)

[Back to Top](#)

Diabetes

DSMES

Diabetes Self-Management Education
and Support

> Learn More

DPP

National Diabetes Prevention
Program

> Learn More

Diabetes Self-Management Education and Support (DSMES) Evidence-Based Service Model

Better health management can help people with diabetes live longer and healthier lives, and evidence-based services exist to help people with diabetes and their healthcare teams prevent

+ DSMES Toolkit

INFO & RESOURCES:

Diabetes Self-Management Education and Support (DSMES) Evidence-Based Service Model

Better health management can help people with diabetes live longer and healthier lives, and evidence-based services exist to help people with diabetes and their healthcare teams prevent or delay diabetes complications.

People with diabetes are at higher risk for severe health complications, such as blindness, kidney failure, heart disease, stroke, and lower-limb amputations. Diabetes is also associated with increased risks for some types of cancer, including liver, pancreas, colon, breast, and bladder. In addition, studies show that type 2 diabetes increases the risk of vascular dementia and Alzheimer's disease.

The health burden of diabetes in the United States is significant. Millions of Americans experience diabetes-related morbidity, mortality, and reduced quality of life each year. There are 37.3 million Americans with diabetes, with nearly one-fourth (23%) remaining undiagnosed. The disease costs the United States an estimated \$327 billion annually due to increased medical costs and lost wages. People with diagnosed diabetes have on average 2.3 times higher medical costs than those without diabetes.

For people with diabetes, numerous studies report associations between diabetes self-management education and support and improved health. DSMES services have been shown to have a positive impact on lifestyle changes, such as eating patterns and activity levels, ultimately

+ DSMES Toolkit

INFO & RESOURCES:

- [DSMES One-Pager](#)
- [DSMES Provider Infographic](#)
- [SoonerQuit for Providers](#)
- [Micro-learn Trainings](#)
- [More Benefits](#)

CONTACT INFORMATION:

- **Provider Enrollment**
800-522-0114, option 5 or
email
providerenrollment@okhca.org
- **Pharmacy**

SOONERCARE DIABETES BENEFITS



Preventive Care Coverage

- Preventive wellness visits are covered for children and adults when performed by their primary care provider.
- Laboratory tests for screening and management are covered as medically indicated.
- Vaccines are covered for children and adults following ACIP (Advisory Committee on Immunization Practices) recommendations.
- Eye exams for diabetes and related conditions are covered for children and adults when medically indicated.
- Comprehensive foot exam and procedures are considered preventive foot

- Comprehensive foot exam and procedures are considered preventive foot care, such as cutting or removal of corns, warts, callouses, or nails are covered when diagnosis for diabetes establishes the medical necessity.

Medications – There is a tier structure and prior authorization (PA) criteria for diabetic medications. You can find it on OHCA’s PA page in the [endocrine/diabetics](#) category.

Continuous Glucose Monitors (CGM) – The CGM systems will require a PA. The PA form for CGMs can be found on [OHCA Pharmacy Forms](#) page (PHARM-139). Coverage criteria will apply for initial and continuation requests and can be found on the OHCA website, along with a list of preferred products, [here](#).

Blood Glucose Testing Supplies and Insulin Syringes – These require a PA, which initiate an automated process that looks for insulin and/or oral diabetic medications in the member’s claims history. For pregnant members, it looks for a diagnosis of gestational diabetes. If the medication or diagnosis is not found in claims history or if the quantity submitted exceeds the maximum allowed, the claim will deny for prior authorization. The PA form can be found on the [OHCA Pharmacy Forms](#) page (PHARM-35).



DIABETES — SoonerCare

SELF-MANAGEMENT

BENEFIT

FREE Education and Support from Diabetes Educator

ADULTS · TEENAGERS · CHILDREN



- Lower your A1C level
- Avoid unwanted complications
- Prepare fast and easy healthy meals
- Have fun moving more
- Learn better ways to monitor your blood sugar

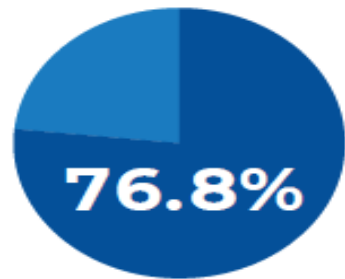


In-Person or Telehealth

- 1 Hour of Individual Learning (+)
- 9 Hours of Group Learning (=)
- 10 Hours of Services for First Year



After first year, add 2 more hours of individual learning on **diabetes self-management**.



SoonerCare members don't know about this benefit.

Learn more at:

<https://www.oklahoma.gov/ohca/providers/diabetes.html>

Refer your patients today.

MNT/Nutrition Counseling

Nutritional Services Benefit

Adults and children covered under SoonerCare may have up to six hours of nutritional counseling per year by a licensed registered dietitian. This must be prescribed by a physician, physician assistant, advanced practice nurse or nurse midwife.

Payment is made for nutritional services as set forth below:

(1) Adults: Payment is made for six hours of medically-necessary nutritional counseling per year by a licensed registered dietitian via either in person or telehealth appointments. All services must be prescribed by a physician, physician assistant, advanced practice nurse or nurse midwife and be face-to-face encounters between a licensed registered dietitian and the member. Services must be expressly for diagnosing, treating, preventing or minimizing the effects of illness. Nutritional services for the treatment of obesity are not covered unless there is documentation

RESOURCES:

- [MNT Provider Infographic](#)
- [SoonerQuit for Providers](#)
- Micro-learn Training: [SoonerQuit Program & SoonerCare Benefits](#)

Nutrition Counseling Benefit

FREE Advice from a Registered Dietitian

6 HOURS YEARLY

ADULTS &
CHILDREN

INTELLECTUALLY
DISABLED

ELIGIBLE FOR PART
B OF MEDICARE

PREGNANT
WOMEN

Obesity +

Body Mass Index (BMI)
of 30 or higher



High Blood Pressure



Heart Disease



Cancer



Stroke



Diabetes



Kidney Disease



Asthma

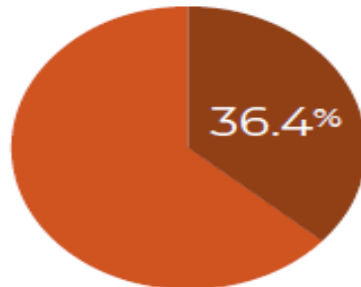


Other Disease

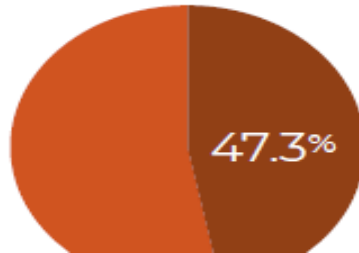
OBESITY CAN LEAD TO OTHER CHRONIC DISEASES

Obesity Rate

OBESITY IN
OKLAHOMA



SOONERCARE
MEMBERS



Most SoonerCare Members
(71.2%) don't know about the
nutrition counseling benefit.

Learn more at:
[Oklahoma.gov/okhca/
nutrition-services](http://Oklahoma.gov/okhca/nutrition-services)

Refer your patients today.

**MEMBER
NEW
WEBPAGES**

MySoonerCare

Forms & Guides

Member Toolkit

Updates

SoonerStart

Stay Healthy!

SoonerRide

Find a Provider

Programs

Insure Oklahoma

SoonerCare Dental

SoonerSelect

SoonerCare Supplemental

SoonerQuit

Help and Resources



Providers
Provider Portal

Resources
Help & Resources

Diabetes Programs & Benefits

DSMES

Diabetes Self-Management Education and Support

> [Learn More](#)

DPP

National Diabetes Prevention Program

> [Learn More](#)

Diabetes Self-Management Education and Support (DSMES)

What is DSMES and how will this program help me?

Diabetes Self-Management Education and Support (DSMES) services help people with diabetes

[+ View infographic](#)

[Back to Top](#) ^

[+ Spanish Version](#)

changes in how you feel and maybe even in how you look. (More to come on this program and benefits when it starts).


+ Learn more about DPP on the CDC website

Additional Diabetes Resources


- [Prediabetes Risk Test](#)
- [American Diabetes Association](#)
- [Living with Diabetes](#)
- [Prevent Type 2 Diabetes](#)
- [National DPP Infographic](#)



[Back to Top](#) ^

 [Member Log In](#)

 [About](#)

 [Provider Portal](#)

 [Help & Resources](#)

› [Apply for Soonercare](#)

› [Apply for SoonerSelect](#)

› [Provider Enrollment](#)

› [Digital Benefits Guide](#)

› [Member Toolkit](#)

› [Agency Preparedness](#)

› [Provider Toolkit](#)

› [Mental Health Lifeline](#)

› [Insure Oklahoma](#)

› [Medical Program](#)

› [Training](#)

› [Renewals](#)

› [SoonerCare Programs](#)

› [Dental Program](#)

› [Claim Tools](#)

› [Submit Your Story](#)

› [SoonerCare Benefits](#)

Benefits

› [Children's Specialty](#)

› [PCMH](#)

› [Updates](#)

› [Dental Benefits](#)

› [Reports](#)

› [MAU](#)

› [Go Paperless](#)

› [Find A Provider](#)

› [SoonerSelect FAQs](#)

› [Tribal Relations](#)

› [About SoonerSelect](#)

› [SoonerRide](#)

[Policy](#)

[Dental Benefits](#)

[FAQs](#)

Nutritional Services Benefit

[+ View infographic](#)

Adults and children covered under SoonerCare may have up to six hours of nutritional counseling per year by a licensed registered dietitian. This must be prescribed by a physician, physician assistant, advanced practice nurse or nurse midwife.

[+ Spanish Version](#)

Payment is made for nutritional services as set forth below:

(1) Adults: Payment is made for six hours of medically-necessary nutritional counseling per year by a licensed registered dietitian via either in person or telehealth appointments. All services must be prescribed by a physician, physician assistant, advanced practice nurse or nurse midwife and be face-to-face encounters between a licensed registered dietitian and the member. Services must be expressly for diagnosing, treating, preventing or minimizing the effects of illness. Nutritional services for the treatment of obesity are not covered unless there is documentation the obesity is a contributing factor in another illness.

**DIABETES SELF-
MANAGEMENT
EDUCATION &
SUPPORT
(DSMES)**

EVIDENCE-BASED PROGRAM

Diabetes Self-Management Education and Support services act as a foundation to empower those living with diabetes to learn and engage in behaviors and activities that will assist them with better diabetes self-management. DSMES is also a cost-effective tool that can improve health outcomes for a better quality of life.

Benefits of DSMES participation can include:

- ✓ Improved hemoglobin A1c levels
- ✓ Improved control of blood pressure and cholesterol levels
- ✓ Higher rates of medication adherence

<https://www.cdc.gov/diabetes/dsmes-toolkit/>

Centers for Disease Control and Prevention - September 2022

BENEFITS OF DSMES PARTICIPATION

- ✓ Fewer or less severe diabetes-related complications
- ✓ Healthier lifestyle behaviors, such as better nutrition, increased physical activity, and use of primary care and preventive services
- ✓ Enhanced self-efficacy
- ✓ Decreased health care costs, including fewer hospital admissions and readmissions

Providers need to understand the benefits of DSMES and consider DSMES referral as a critical component of the treatment plan. It is unrealistic to expect people with diabetes to make lifestyle changes without access to services and support.

<https://www.cdc.gov/diabetes/dsmes-toolkit/background/benefits.html>

DSMES UNDERUTILIZED

In the United States, less than 5% of Medicare beneficiaries with diabetes and 6.8% of privately insured people with diagnosed diabetes have used DSMES services.

The DSMES Toolkit is a comprehensive resource for achieving success in Diabetes Self-Management Education and Support. Expanded use of DSMES can help ensure that all people with diabetes receive the support they need.

<https://www.cdc.gov/diabetes/dsmes-toolkit/>

Centers for Disease Control and Prevention - September 2022

DSMES UNDERUTILIZED

- Research on Medicaid utilization of DSMES is not widely available. One study indicated that 8% of Medicaid recipients in one community participated in a hospital-based DSMES program, but that the vast majority of people with diabetes who were on Medicaid or underinsured did not receive diabetes education that meets the National Standards for DSMES.
- Several factors likely contribute to the low utilization of DSMES, including unequal availability of programs, insufficient coverage and reimbursement, and lack of awareness and referrals.

A Resource Guide for Medicaid and Public Health Agencies, April 2019

National Association of Chronic Disease Directors (NACDD)

<https://chronicdisease.org/resource/resmgr/website-2019/diabetesselfmanagementeducat.pdf>

**SOONERCARE
COVERED
BENEFITS**

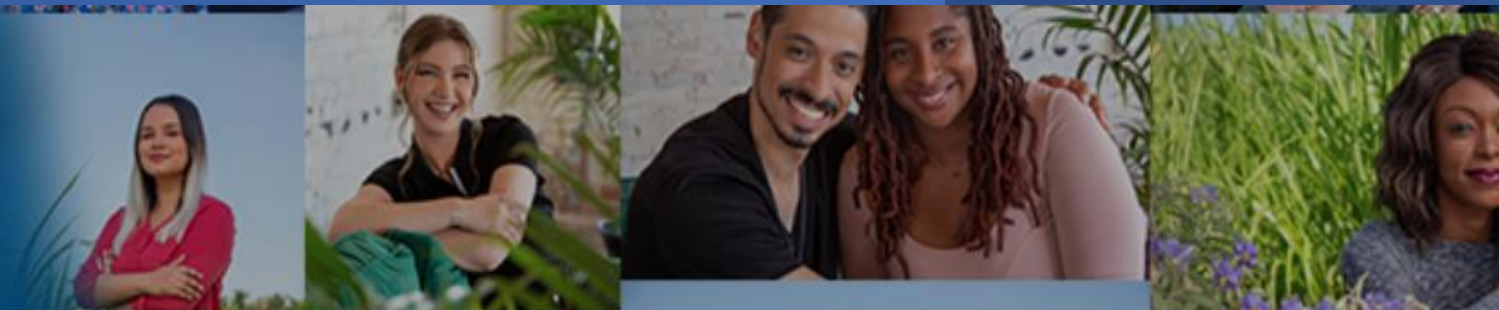
DIABETES SELF-MANAGEMENT EDUCATION AND SUPPORT

OHCA offers Diabetes Self-Management Education and Support (DSMES) as a covered benefit for SoonerCare members. DSMES services can be ordered for members diagnosed with Type 1 or Type 2 diabetes by any physician or qualified non-physician provider actively involved in managing the member's diabetes.

Providers and SoonerCare members can locate DSMES program facilities and providers enrolled at [OHCA Provider Directory \(okhca.org\)](https://www.okhca.org/Provider-Directory).

+ Click here to apply for SoonerCare benefits

OKLAHOMA



SoonerCare

 [Member Log In](#)

- › [Apply for SoonerCare](#)
- › [Member Toolkit](#)
- › [Insure Oklahoma](#)
- › [SoonerCare Programs](#)

SoonerSelect

 [About](#)

- › [Apply for SoonerSelect](#)
- › [Agency Readiness](#)
- › [Medical Plans](#)
- › [Dental Plans](#)

Providers

 [Provider Portal](#)

- › [Provider Enrollment](#)
- › [Provider Toolkit](#)
- › [Training](#)
- › [Claim Tools](#)

Medicaid renewals
are coming back.

[LEARN MORE](#)

“IS THAT
COVERED?”

[Find out](#)

SUBMIT YOUR
SoonerCare Story

[HERE](#)

Enrollment

Provider Contracts	ATTENTION:
If you have questions: <ul style="list-style-type: none">• Call toll free (800) 522-0114, option 5 for Provider Contracts (Hours: 8 a.m. – 5 p.m. Mon., Tues., Thurs., Fri., and 1 – 5 p.m. Wed.)	Please remember that all SoonerCare-contracted providers are responsible for keeping their provider file current.
<ul style="list-style-type: none">• Email us	Please make sure your email address(es), phone number(s) and location are up to date, so you can receive all pertinent OHCA communications. Thank you.

Contracts

- [New contracts](#)
- [Renewal contracts](#)

Forms

- [Addendum to Hospital Contracts for Psych & Rehab Units](#)

Resources

- [Diabetes Self-Management Education and Support Provider Search](#)



PROVIDER SEARCH

Please select your plan.

SoonerCare

Please select a search option below. You may search for a provider by name, facility, or specialty.

Last Name:

First Name

Facility:

Specialty:

Diabetes Self Management

State:

Oklahoma

City:

Enter the city...

ZipCode:

After Hours Only

Disclaimer: The list of providers does not guarantee appointments as provider offices may have an age restriction or may not be seeing SoonerCare members at this time.

[ASCENSION ST JOHN HOSPITAL](#)

1923 S. UTICA AVENUE

TULSA OK, 74104

Phone : [\(918\) 744-2345](tel:(918)744-2345)

ealthcare.ascension.org/locations/oklahoma/oktul/tulsa-ascension-st-john-medical-center

[Provider Group Members](#)

[Provider Specialty](#)

[Hours of Operations](#)

[BAILEY SHANNON L](#)

3500 SE FRANK PHILLIPS BLVD

BARTLESVILLE OK, 74006

Phone : [\(918\) 331-1143](tel:(918)331-1143)

[Provider Group Members](#)

[Provider Specialty](#)

[Hours of Operations](#)

DSMES MEMBER SERVICES

Adults and children/adolescents covered under SoonerCare may receive:

- Up to 10 hours of training
 - One hour of individual training and
 - Nine of group instruction. This provides the member with the knowledge, skill and ability necessary for diabetes self-care. Additional services for children may be covered under EPSDT provisions if determined medically necessary.
- Two additional hours of instruction after first 12 months

Codes for Billing:

G0108: Individual training, per 30 minutes.

G0109: Group session, per 30 minutes. *Rates change every July 1st.*

DSMES PROVIDER ELIGIBILITY

The following providers are eligible to enroll as a “Diabetes Educator” type. A licensed healthcare professional who is individually certified as a:

- Certified Diabetes Care and Education Specialist (CDCES) by the National Certification Board for Diabetes Education (NCBDE)
- Board-Certified Advanced Diabetes Management (BC-ADM) by the Association of Diabetes Care and Education Specialists (ADCES)
- Registered Dietitian, Registered Nurse or Pharmacist licensed in the state in which they practice and who have training and experience pertinent to diabetes self-management.

DSMES PROVIDER ENROLLMENT

- Providers can **only** enroll if they are part of an accredited DSMES program certified by either the ADA or ADCES.
- To enroll, eligible DSMES programs and individual providers can go to the OHCA's Provider Enrollment page, then click New Contracts.
- There are **two** required enrollments: First, enroll the DSMES group (notification of approval will be sent). Then, enroll as an individual, each provider.

MEDICAL NUTRITION THERAPY (MNT)

MEDICAL NUTRITION THERAPY (MNT) NUTRITION COUNSELING BENEFIT

MNT is a way to manage chronic health conditions through weight loss or weight maintenance.

Patients learn and practice better eating habits, as a lifestyle change, assisting them in managing disease.

Medical Nutrition Therapy can reduce symptoms, prevent complications, and improve overall health.

Registered Dietitians (RD), **Provider Type 23**, create an individualized nutrition plan giving patients the tools necessary for better self-management of health conditions.

NUTRITIONAL COUNSELING SERVICES

Adults and children who qualify for coverage can receive services of up to **six hours** of nutritional counseling per year with a licensed registered dietitian contracted by SoonerCare. These can be face-to-face encounters or via telehealth.

Requirements: Member has obesity, and it is a contributing factor in another illness.

Groups: Women who are at risk for or have been recently diagnosed with gestational diabetes.

Intellectually disabled individuals whose provider participates in the Home and Community-Based Waiver Services program and individuals eligible for Part B of Medicare.

Referring Health Care Providers: Nutrition counseling must be prescribed by a physician, physician assistant, advanced practice nurse or nurse midwife.

MEDICAL NUTRITION THERAPY (MNT) BILLING CODES

97802: Individual, 15 minutes

97803: Individual reassessment, 15 minutes

97804: Group, 30 minutes

CONTACT INFORMATION

Contact Rebecca Boston for nutrition and diabetes benefits:
Rebecca.Boston@okhca.org

MNT/Nutrition Counseling (View Infographic):
[Nutrition Counseling \(oklahoma.gov\)](https://www.oklahoma.gov/nutrition-counseling)

Diabetes Self-Management Education & Support - DSMES
(View infographic):
[DSMES/DPP \(oklahoma.gov\)](https://www.oklahoma.gov/dsmes-dpp)

For tobacco cessation counseling questions or if you're interested in learning more about tobacco cessation best practices as routine patient care, contact the SoonerQuit team:
SoonerQuit@okhca.org.

Visit website [SoonerQuit \(oklahoma.gov\)](https://www.oklahoma.gov/soonerquit)



OKLAHOMA
Health Care Authority

GET IN TOUCH

4345 N. Lincoln Blvd.
Oklahoma City, OK 73145

soonerquit@okhca.org

Agency: 405-522-7300
Helpline: 800-987-7767

