

**PROPOSED CHANGES IN METHODS AND STANDARDS  
FOR ESTABLISHING MEDICAL ASSISTANCE PAYMENT RATES**

**STATE OF ILLINOIS  
DEPARTMENT OF HEALTHCARE AND FAMILY SERVICES**

The Illinois Department of Healthcare and Family Services (HFS) is proposing a change in the methods and standards for setting payment rates for diabetes prevention services. The proposed change is effective for dates of service on and after August 1, 2021 and is addressed below.

The Department is planning to add coverage for the following diabetes prevention and self-management programs.

- Diabetes Prevention Program (DPP) is a year-long, evidence-based lifestyle change intervention developed by the Centers for Disease Control and Prevention (CDC) to reduce the risk of adults with prediabetes progressing to Type 2 diabetes. The program achieves that goal primarily through weight loss that results from the CDC's Diabetes Prevention Lifestyle Change curriculum, which focuses on healthy eating, increasing physical activity, and managing stress.
- Diabetes Self-Management Education and Support (DSMES) must be recommended by a physician or other licensed practitioner of the healing arts within his or her scope of practice under state law to prevent diabetes or the progression of diabetes, prolong life, and/or promote the physical and mental health of the beneficiary. Services include counseling related to long-term dietary change, increased physical activity, and behavior change strategies for weight control; counseling and skill building to facilitate the knowledge, skill and ability necessary for diabetes self-care; and nutritional counseling services.

This proposed change will result in an estimated annual increase of \$2.7 million.

Any interested party may submit questions or comments concerning these proposed changes in reimbursement methods and standards. All questions or comments must be submitted in writing within thirty (30) days of the publication date of this notice and addressed to:

Bureau of Program and Policy Coordination  
Division of Medical Programs  
Healthcare and Family Services  
201 South Grand Avenue East  
Springfield, IL 62763-0001  
E-mail address: [HFS.bpra@illinois.gov](mailto:HFS.bpra@illinois.gov)

This notice may be viewed at the DHS local offices (except Cook County). In Cook County, the notice and clarification may be reviewed at the Office of the Director, Illinois Department of Healthcare and Family Services, 401 South Clinton Street, 1<sup>st</sup> Floor, Chicago, Illinois. Comments received regarding this notice shall be published on the HFS web site at <https://www.illinois.gov/hfs/info/legal/PublicNotices/Pages/default.aspx>

This notice is being provided in accordance with federal requirements found at 42 CFR 447.205.