



The Expanding Access to Diabetes Self-Management Training Act

“The DSMT Act” (S. 1925, H.R. 3826)

The Expanding Access to Diabetes Self-Management Training (DSMT) Act amends the Social Security Act to improve access to outpatient DSMT under Medicare Part B. Senators Jean Shaheen (D-NH) and Susan Collins (R-ME) and Representatives Kim Schrier, MD, (D-WA-8) and Gus Bilirakis (R-FL-12) recently reintroduced the bills for the 119th Congress.

The Problem

DSMT is an evidence-based service that teaches people with diabetes how to reduce their risk of diabetes-related complications and improve their quality of life through self-management. DSMT has been a covered benefit under Medicare for more than 20 years. Despite DSMT’s proven ability to help people with diabetes **achieve lower hemoglobin A1C, weight loss, improved quality of life, healthy coping skills and reduced healthcare costs**, only 5 percent of Medicare beneficiaries with newly diagnosed diabetes use DSMT services.^{1,2}

How does the DSMT Act improve access to care?

This legislation makes necessary changes to help increase access to the DSMT benefit to better meet the needs of Medicare beneficiaries with diabetes.

- ❖ Allows the initial 10 hours of DSMT to remain available until fully used.
- ❖ Allows referrals for additional hours of DSMT anytime it is deemed medically necessary.
- ❖ Excludes DSMT services from Part B cost-sharing and deductible requirements.
- ❖ Permits DSMT and Medical Nutrition Therapy (MNT) services to be provided on the same day.
- ❖ Permits all physicians and qualified nonphysician practitioners to refer for DSMT services instead of restricting it to only providers who are personally managing the patient’s diabetes.
- ❖ Establishes a Center for Medicare and Medicaid Innovation demonstration project to test the impact of covering virtual (asynchronous) DSMT under Medicare Part B.

¹ American Diabetes Association. Standards of Medical Care in Diabetes—2017. *Diabetes Care* 2017; 40 (Suppl.1): S3

² Strawbridge LM, Lloyd JT, Meadow A, et al. Use of Medicare’s diabetes self-management training benefit. *Health Education Behavior* 2015; 42: 530-8.

Financial Impact

In March 2024, CBO scored an amended version of H.R. 3842 from the 118th Congress (as passed by Energy & Commerce in December 2023) and found the bill would result in *between \$500,000 of cost and \$500,000 of savings* over 10 years. In their explanation they wrote, “CBO expects that such training would reduce the use of acute-care services, at least partly offsetting that increase in costs.” A CBO score for the full DSMT Act has been requested by the Senate Finance Committee.

DSMT has been shown to result in significant savings from reduced emergency department visits, hospitalizations, prescription drug costs and more, including:

- In a study including 250,000 Medicare beneficiaries, beneficiaries who completed initial DSMT demonstrated an average cost savings of \$135 per month.³
- An analysis commissioned by the Diabetes Advocacy Alliance in 2019 indicated that a previous, similar version of the Expanding Access to DSMT Act would result in an average cost savings of \$1,276 per year per Medicare beneficiary. Click [here](#) for more on DSMT cost-savings.⁴

Organizations that support the DSMT Act

Academy of Nutrition and Dietetics

American Diabetes Association

Association of Diabetes Care & Education Specialists

Diabetes Leadership Council

Diabetes Patient Advocacy Coalition

Endocrine Society

National Kidney Foundation

Omada Health

Take Action!

To cosponsor S. 1925, please contact Vic (vic_goetz@shaheen.senate.gov) or Katherine (katherine_huiskes@collins.senate.gov).

To cosponsor H.R. 3826, please contact Amy with Rep. Schrier (amy.zhou@mail.house.gov) or LeighAnn with Rep. Bilirakis (leighann.fairley@mail.house.gov).

Contact ADCES Director of Advocacy Hannah Martin (hmartin@adces.org) with any questions.

³ Duncan I, Birkmeyer C, Coughlin S, Li QE, Sherr D, Boren S. Assessing the value of diabetes education. *Diabetes Educ.* 2009;35(5):752-760

⁴ Chen F, Chylak D, Su W. Scoring Medicare Coverage of Diabetes Self-Management Training Using Microsimulation. IHS Markit. 2019. Available at: https://www.adces.org/docs/default-source/tofile/microsimulation-scoring-analysis-medicare-coverage-of-dsmt_ihs-markit_2019.pdf?sfvrsn=ef05a359_1.