Improving Access to Diabetes Self-Management Training Services Can Save $9.4 Billion

Diabetes Self Management Training (DSMT) is an evidence-based service that teaches people with diabetes how to effectively self-manage their diabetes and cope with the disease. Because DSMT has undisputed health benefits and major cost-savings for Medicare, the Association of Diabetes Care & Education Specialists supports the Expanding Access to Diabetes Self-Management Training Act of 2023 (S. 1832/H.R. 3842).

This legislation would increase utilization of DSMT by...

- Providing additional hours of DSMT to eligible Medicare beneficiaries
- Permitting qualified non-physician practitioners to refer patients to DSMT
- Eliminating cost-sharing to improve access

A study by IHS Markit evaluated the cost-savings of the Expanding Access to Diabetes Self-Management Training Act of 2019. With passage of the legislation, the study estimated annual Medicare spending on diabetes patients would be reduced by a total of $9.4 billion over the next 10 years.

Estimated Cost-Savings of Passing the DSMT Act (in millions of $)

Passage of DSMT Act would result in an average cost savings of $1,276 per year per Medicare beneficiary and added cost-savings to patients.