

**Answer ID**

2181

**Category****Coverage****Preventive Services****Date Created**

06/10/2009 02:38 PM

**Last Updated**

06/10/2009 02:38 PM

**What diabetic services does Medicare cover?****Question**

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**Answer**

**Diabetes Self-Management Training:** Diabetes outpatient selfmanagement training is a covered program to teach you to manage your diabetes. It includes education about self-monitoring of blood glucose, diet, exercise, and insulin.

If you've been diagnosed with diabetes, Medicare may cover up to ten hours of initial diabetes self-management training. You may also qualify for up to two hours of follow-up training each year if

- it is provided in a group of 2 to 20 people\*,
- it lasts for at least 30 minutes,
- it takes place in a calendar year following the year you got your initial training, and
- your doctor or a qualified non-physician practitioner ordered it as part of your plan of care.

\*Some exceptions apply if no group session is available or if your doctors or qualified non-physician practitioner says you have special needs that prevent you from participating in group training.

**Yearly Eye Exam:** Medicare covers yearly eye exams for diabetic retinopathy.

**Foot Exam:** A foot exam is covered every six months for people with diabetic peripheral neuropathy and loss of protective sensations, as long as you haven't seen a foot care professional for another reason between visits.

**Glaucoma Screening:** Medicare covers glaucoma screening every 12 months for people with diabetes or a family history of glaucoma, African Americans age 50 and older, or Hispanics age 65 and older.

**Medical Nutrition Therapy Services:** Medical nutrition therapy services are covered for people with diabetes or kidney disease when referred by a doctor. These services can be given by a registered dietitian or Medicare-approved nutrition professional and include a nutritional assessment and counseling to help you manage your diabetes or kidney disease.

**Diabetes Screening (Fasting Plasma Glucose Test):** Medicare covers tests to check for diabetes. These tests are available if you have any of the following risk factors: high blood pressure, dyslipidemia (history of abnormal cholesterol and triglyceride levels), obesity, or a history of high blood sugar. Medicare also covers these tests if you have two or more of the following characteristics:

- age 65 or older,
- overweight,
- family history of diabetes (parents, brothers, sisters),
- a history of gestational diabetes (diabetes during pregnancy) or delivery of a baby weighing more than 9 pounds.

Based on the results of these tests, you may be eligible for up to two diabetes screenings every year.

For more information about diabetes outpatient self-management training from a

Medicare-certified program, routine foot care, glaucoma screening, eye exam for diabetic retinopathy, medical nutrition therapy services, or diabetes screening (Fasting Plasma Glucose Test) call your Medicare Carrier. For more information about diabetes outpatient self-management training in an outpatient facility, call your Fiscal Intermediary. To get their telephone number, call 1-800-MEDICARE (1-800-633-4227).

**Your Costs in the Original Medicare Plan?**

You pay 20% of Medicare-approved amounts for outpatient facility charges or doctors services.

You pay nothing for the Diabetes Screening.