

# Summary Report

## Health Insurance Coverage Laws for Diabetes Self-Management, Education and Training

More than 30 million U.S. adults have diabetes and about 84 million have prediabetes or are at an increased risk of developing type 2 diabetes, according to the Centers for Disease Control and Prevention. Diabetes self-management education and training (DSME/T) is an important tool to help patients control the progression and even reverse diabetes, and laws requiring insurance plans to cover DSME/T ensure access to this tool.

This report summarizes key findings from the Health Insurance Coverage Laws for Diabetes Self-Management, Education and Training dataset. Additional maps and tables are available at [www.LawAtlas.org](http://www.LawAtlas.org).

	<p><b>DSME/T Private Insurance Laws</b></p> <p>Forty-two states and the District of Columbia require private insurance plans to cover DSME/T.</p> <p>Jurisdictions: 43 (AK, AR, CA, CO, CT, DC, FL, GA, HI, IA, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MT, NC, NE, NV, NH, NJ, NM, NY, OK, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WV, WI, WY)</p>
	<p><b>Licensed Health Care Practitioners Can Deliver DSME/T Under Private Insurance</b></p> <p>In 28 states, any properly licensed health care practitioner may deliver DSME/T to patients covered by private health insurance.</p> <p>Jurisdictions: 28 (AK, AR, CA, CO, CT, GA, IL, IN, KS, KY, LA, MA, MN, MT, NC, NH, NM, NY, OK, PA, RI, SC, TN, TX, VA, VT, WA, WY)</p>
	<p><b>DSME/T and Medicaid</b></p> <p>Fifteen states have statutes or regulations that explicitly require their Medicaid programs to cover DSME/T.</p> <p>Jurisdictions: 15 (IA, ID, IN, LA, MA, MD, ME, MN, MS, NY, SD, TN, UT, VT, WA)</p> <p>*Sub-regulatory Medicaid materials (e.g. Medicaid managed care contracts and provider manuals) in an additional 18 states require DSME/T coverage for some or all Medicaid beneficiaries.</p>