
Fax Alert from UnitedHealthcare Community Plan

Important Information "You Need to Know!"

Prediabetes

Correct coding is vital!

Coding correctly for prediabetes will allow patient referrals and coordination of Diabetes Prevention Programs. This will assist in facilitating Type 2 diabetes preventive efforts.

ICD-10 Diagnosis Code: R73.03

Description: Prediabetes is an interim diagnosis used to describe an elevated blood glucose level that is higher than normal but not yet high enough to be considered Type 2 diabetes. With no intervention, the condition is expected to become Type 2 diabetes within 10 years. A fasting blood glucose level of 100 to 125 mg/dL typically warrants a diagnosis of prediabetes, and the patient is counseled to adjust diet and exercise patterns to prevent the progression to Type 2 diabetes.

Diabetes Prevention Programs (DPP) include:

- Lifestyle change programs can help prevent or delay Type 2 diabetes.
- Patients work with trained lifestyle coaches to guide, learn skills to make lasting lifestyle changes, and encourage participants.
- Classes includes: learning to eat healthy, increase physical activity, manage stress, stay motivated, and solve problems that can get in the way of healthy choices.
- DPP Requirements:
 - Participants must be overweight and at high risk for developing diabetes.
- Who can participate:
 - At least age 18 and not pregnant at the time of enrollment.
- Overweight (BMI > or = 25, BMI > or = 23 if Asian).
- Have no previous diagnosis of Type 1 or Type 2 diabetes and meet 1 of the following:
 - HbA1c: 5.7% - 6.4%
 - Fasting plasma glucose: 100-125 mg/dL
 - 2 hour plasma glucose (after a 75 gm glucose load): 140-199 mg/dL
 - Previously diagnosed with gestational diabetes
 - Screen positive for prediabetes bases on the CDC Prediabetes screening test

Find a program here:

- mihealthyprograms.org
- www.cdc.gov/diabetes/prevention/lifestyle-program/about-prediabetes.html

R73.03 is not acceptable for a primary diagnosis of diabetes

Using a primary diabetes diagnosis code, if a member is not diabetic, will result in the member being placed in the HEDIS® measure incorrectly.