

How to determine whether your patients have prediabetes

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Blood test levels for diagnosis of diabetes and prediabetes

	A1C (percent)	Fasting plasma glucose (mg/dL)	Oral glucose tolerance test (mg/dL)
Diabetes	6.5 or above	126 or above	200 or above
Prediabetes	5.7 to 6.4	100 to 125	140 to 199
Normal	About 5	99 or below	139 or below

For additional resources to use in your practice, visit ama-assn.org/go/prediabetes

While 29 million Americans have diabetes, another 86 million adults are on the path to developing the disease because they have prediabetes. These new estimates from the Centers for Disease Control and Prevention (CDC) underscore the urgency of screening patients for prediabetes to help them avoid becoming a statistic.

People with prediabetes are at increased risk for developing type 2 diabetes as well as heart disease and stroke. The good news is that prediabetes is a reversible condition. That’s why screening is so important.

People with prediabetes have blood glucose levels that are higher than normal but not high enough to be diagnosed as diabetes. Prediabetes has no clear symptoms, but some individuals with prediabetes have signs of type 2 diabetes, such as intense feelings of thirst.

Physicians can use a few different ways to test for prediabetes, including the A1C test, fasting plasma glucose (FPG) test or oral glucose tolerance test (OGTT). A1C results of 5.7 to 6.4 percent, FPG levels of 100 to 125, or OGTT levels of 140 to 199 indicate prediabetes.

Codes: When screening for prediabetes and diabetes

CODES FOR PREDIABETES AND DIABETES SCREENING ^{1,†‡}			
ICD-9 for diabetes screening		CPT for diabetes screening tests	
777.1	Diabetes Screening	CPT 82947	Fasting Plasma Glucose Test
790.2	Abnormal Glucose	CPT 82950	Post-meal Glucose (2-hour plasma glucose; 2hPG; 2 hr specimen)
790.21	Impaired Fasting Glucose	CPT 82951	Oral Glucose Tolerance (3 specimens with 2 hr value included)
790.22	Impaired Glucose Tolerance (oral)	CPT 83036	Hemoglobin A1C
790.29	Other Abnormal Glucose NEC	CPT 83036QW	Hemoglobin A1C (used for POC test that is CLIA waived [-DCA])
278.00	Obesity		
278.02	Overweight		

These codes may be useful to report services/tests performed to screen for prediabetes and diabetes.

References

¹New York State Department of Health. *New York State Diabetes Prevention Program (NYS DPP) prediabetes identification and intervention algorithm*. New York: NY Dept of Health; 2012.

[†]American Diabetes Association. Standards of medical care in diabetes—2013. *Diabetes Care*. January 2013; 36:S11-66. doi: 10.2337/dc13-S011

[‡]Ackermann RT. *Coding Guide for Diabetes and Prediabetes Testing*. 2013. (Published here with permission from Ronald T. Ackermann MD, MPH)

Codes to use when reporting prediabetes and diabetes screening are listed in the chart below.

The AMA is focusing on prediabetes through its Improving Health Outcomes initiative, working toward systematic prevention of diabetes to save lives, improve health and reduce health care spending.

A pilot program in partnership with the YMCA, currently taking place at locations in three states, will establish a process for physicians to increase screening for prediabetes and refer patients to the YMCA's Diabetes Prevention Program in their communities.

Visit the CDC's National Diabetes Prevention Program website to find out whether an evidence-based diabetes prevention program is available in your community.