

VSP® Prediabetes A1C Screening Pilot Doctor FAQs

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Overview

Diabetes is a growing epidemic. The number of individuals with diabetes and prediabetes is growing at alarming rates. 88 million people in the US have prediabetes and more than 84% of these individuals are unaware.* Through data analytics, we know that on average VSP members are up to six times more likely to go in for their annual eye exam compared to their annual physical from their primary care physician. This presents a tremendous opportunity for VSP network doctors to have an impact and help slow the prevalence of prediabetes and the progression to type 2 diabetes. To leverage this unique position for Doctors of Optometry, VSP has developed the VSP® Prediabetes A1C Screening Pilot giving doctors the ability to measure and identify patients at high risk for prediabetes during their annual eye exam.

Beginning January 1, 2022, the Prediabetes A1C Screening Pilot offers VSP patients in the state of Rhode Island the ability to take a prediabetes risk test, and depending on the test results, receive an A1C screening free of charge from their VSP network doctor as part of their annual eye exam. Plus, VSP will cover the cost of the screening materials and pay you a \$15 professional fee per qualified A1C screening test administered.

VSP continues to look for ways to collaborate with network doctors on the development of potential new services they can offer their VSP patients that highlights the optometrist's role in their overall health and wellness, especially in the fight against diabetes and prediabetes.

*[Centers for Disease Control and Prevention](https://www.cdc.gov/diabetes/)

Frequently Asked Questions (FAQs)

What is the VSP Prediabetes A1C Screening Pilot?

Beginning January 1, 2022, the Prediabetes A1C Screening Pilot offers VSP patients in the Rhode Island the ability to take the American Diabetes Association's (ADA) prediabetes risk test. If a patient scores 5 or higher on the test, they are eligible for an A1C screening free of charge from their VSP network doctor as part of their annual eye exam. Plus, VSP will cover the cost of the screening materials and pay you a \$15 professional fee per qualified A1C test administered.

A Clinical Laboratory Improvement Amendments (CLIA) Waiver is required for a practice to participate and VSP will fully reimburse the cost of new certificates upon completion of our online training course.

The prediabetes risk test was developed by the ADA and is being brought to VSP members as part of the joint public health initiative between VSP and the ADA that focuses on the crucial role annual comprehensive eye exams play in the early detection, intervention and prevention of eye disease and vision loss caused by diabetes.

How long does it take for the patient to fill out the ADA risk test?	The ADA prediabetes risk test consists of seven questions and should only take your patients 1-2 minutes to complete
Why is VSP doing a Prediabetes A1C Screening Pilot?	The prevalence of diabetes and prediabetes can't be ignored. Neither can their connection to vision. Doctors of Optometry are in a prime position to positively impact the health and wellness of the lives of their patients with diabetes and who are at risk for prediabetes.
Does this mean VSP is trying to get into medical eye care?	<p>VSP continues to look for ways to collaborate with network doctors on the development of potential new services you can offer your VSP patients that highlights the optometrist's role in their overall health and wellness, especially in the fight against diabetes and prediabetes.</p> <p>Preventive care options, like an A1C screening, are services not typically covered by medical plans through an optometrist and many Doctors of Optometry don't currently offer this screening in their practice. Since VSP members are up to six times more likely to go in for their annual eye exam compared to their annual physical from their primary care physician, access to preventive care, like an A1C screening, from their VSP network doctor presents a huge opportunity for OD's to positively impact the overall health and wellness of your patients.</p>
Why is this only available for doctors in Rhode Island?	<p>For the pilot, VSP looked to partner with VSP Vision Care clients with dense employee populations in a single state to best test the effectiveness and scalability of offering the prediabetes screening as part of their annual eye exam.</p> <p>Additionally, in the state of Rhode Island, Doctors of Optometry can leverage their degree to acquire the Clinical Laboratory Improvement Amendments (CLIA) Waiver needed to participate in the pilot.</p>
How long will the pilot last?	The pilot will run from January 1 – December 31, 2022.
Who is eligible for the Prediabetes A1C Screening Pilot?	<p>At this time the Prediabetes A1C Screening Pilot is available to VSP patients who are 18 years or older and have not been diagnosed with diabetes or prediabetes.</p> <p>If you choose to administer the screening to additional patients, those expenses would not be covered under your participation in this pilot.</p>

<p>What is expected of me if I participate in the pilot?</p>	<ul style="list-style-type: none"> • Provide the prediabetes risk test to all VSP patients who are 18 years or older and have not been diagnosed with diabetes or prediabetes.. • Offer the A1C screening to VSP patients who score 5 or above on the prediabetes risk test. • Review the screening results of the A1C test with the patient. If the patient is in the prediabetes or diabetes range, refer them to see their PCP for follow-up care and provide them the patient education flyer. <ul style="list-style-type: none"> ○ Be sure to communicate to the patient that this is simply a screening and refer them to their PCP for additional testing. • Send a referral to the patient's PCP or other health care professional. This is also an opportunity to establish a professional relationship with the patient's broader healthcare team for future coordination of care, further elevating your role in the patient's overall health and wellness. • Provide the patient satisfaction survey to all VSP patients who participate in the pilot, even if they only complete the prediabetes risk test. • Complete the Patient Log and submit it to VSP on the last day of every month. • The Patient Logs must include a VSP authorization number for each A1C test administered to qualify to receive the \$15 professional fee.
<p>How can I participate in the pilot program?</p>	<p>Doctors in Rhode Island: VSP will supply all of the materials at no cost, including A1C screening tests, lancets, and educational materials. A Clinical Laboratory Improvement Amendments (CLIA) Waiver is required to participate and VSP will fully reimburse the cost of this certificate upon completion of our online training course. You can learn more and sign up to participate on this limited opportunity pilot here.</p> <p>Note: Blood testing via finger stick is a waived procedure under the Clinical Laboratory Improvement Amendments (CLIA). A VSP network doctor participating in the pilot must have a CLIA Certificate of Waiver from the Centers for Medicare and Medicaid Services (CMS) to administer the tests.</p> <p>Doctors in all other states: While this pilot is currently only available to VSP network doctors in the state of Rhode Island, the American Diabetes Association's (ADA) prediabetes risk test is available for all VSP network doctors to use with their patients. You can find the ADA prediabetes risk test and other ways to support your patients with diabetes and those at risk for prediabetes on vspeyeondiabetes.com.</p>

<p>What does the online training include? How long does it take to complete?</p>	<ul style="list-style-type: none"> • The online training consists of four courses that are approximately 15 minutes each. • Courses can be taken by a doctor and/or staff. • The courses, include: <ul style="list-style-type: none"> ○ Prediabetes Pilot Overview and Patient Experience – The elearning will review the pilot process and patient experience, including the prediabetes risk test, patient education flyer, and patient satisfaction survey. ○ Pilot Materials and Administering the A1C Screening – This elearning will review the materials provided, how to order additional materials, as well as how to administer the A1C screening test and how to perform the finger stick. ○ Submitting Data to VSP and Getting Paid – This elearning will review how to submit patient information to VSP and how you will be paid for administering the A1C screenings. ○ Discussing Patient Results and Referral Process – This elearning will review how to deliver patient results for the A1C screening and the PCP referral process.
<p>Will the A1C Screening Pilot training courses count toward completing the Academy360 Diabetes Education Track and earning the ADA badge on Find a Doctor directory on vsp.com?</p>	<ul style="list-style-type: none"> • Yes, the courses required to participate in the Prediabetes A1C Screening Pilot will count towards completing the Academy360 Diabetes Education Track and earning the ADA badge on Find a Doctor. • You'll need to complete all of the requirements to complete the track and earn the ADA badge. • To review the requirements, visit here.
<p>I already have a CLIA waiver, will you reimburse me for the cost I incurred?</p>	<p>VSP will reimburse the cost for new CLIA waivers obtained as a result of a practice wanting to participate in this pilot program.</p> <p>If you choose to participate in the pilot and your current CLIA waiver expires during the course of the pilot, VSP will reimburse you for the cost of renewing your waiver.</p>
<p>Do I get paid to participate in the pilot?</p>	<p>In addition to VSP covering the cost of the screening materials, we will pay you a \$15 professional fee per A1C test administered to an eligible patient. Monthly Patient Logs must be completed with all information, including VSP authorization number, for each A1C test administered and submitted.</p>

How will I get paid for the A1C tests administered?	<p>VSP will pay you a professional fee of \$15 per qualified A1C test administered. Since the A1C screening is not part of the patient's plan coverage, you will not submit a claim for this service. Instead, you will submit the Pilot Patient Log that must include the VSP authorization number for each A1C test administered to ensure payment.</p> <p>VSP will process a separate check to pay you for these services each month.</p>
Who do I contact if I have questions?	If you have questions please email prediabetespilot@vsp.com .
Do I need to update my insurance to administer A1C screening tests in my practice?	Typically, insurance covers all procedures that are allowed under your scope of licensure. However, you may want to check with your insurance carrier or broker to be sure.
Administering the A1C Screening	
When is the best time to provide the prediabetes risk test to my patients?	Doctors participating in the 2019 POC reported seeing the best results with patients completing the prediabetes risk test when it's provided to patients as part of pre-testing and before the doctor comes into the exam room.
How long will it take me to conduct the A1C screening?	<p>Time will vary depending upon the experience and comfort level of the staff member administering the screening test. A skilled technician can administer the test in 1-2 minutes; however the result will take another 5 minutes to calculate. A conservative estimate would be less than 10 minutes from start to finish.</p> <p>Most doctors who participated in the 2019 POC only saw a 3-5 minute increase in exam time with the patient when administering the A1C screening.</p>
Can a member of my staff administer the A1C test?	You or a member of your staff may administer the A1C screening test. Blood glucose finger prick testing is a waived procedure under the Clinical Laboratory Improvement Amendments (CLIA). Each provider location must have a valid CLIA Certificate of Waiver.

<p>What am I looking for when I administer the A1C screening test?</p>	<p>After approximately 5 minutes, the A1CNow analyzer will display the result. Result ranges are below:</p> <ul style="list-style-type: none"> • Normal – Less than 5.7% • Prediabetes – 5.7% – 6.4% • Diabetes – 6.5% or higher <p>If the results are 5.7% or higher, let the patient know this is simply a screening, and refer the patient to their PCP or other health care professional for additional testing.</p>
<p>CLIA Certificate of Waiver</p>	
<p>What is a CLIA Certificate of Waiver</p>	<ul style="list-style-type: none"> • A Clinical Laboratory Improvement Amendment (CLIA) Certificate of Waiver is a certification that allows a facility to perform waived tests in order to assess health, diagnose, and determine treatment. • The A1C test is a waived test under CLIA.
<p>How do I apply for a CLIA Certificate of Waiver?</p>	<ul style="list-style-type: none"> • To obtain a CLIA Certificate of Waiver, you must complete the CMS 116 form and email or fax it to the Rhode Island Department of Health at: <ul style="list-style-type: none"> ○ Fax: 401.222.3999