Overview
Participants will work with trained staff from the YMCA and CHI Health to increase their physical activity and learn how to improve other aspects of their current lifestyle to better manage their diabetes. Participants will receive individual attention in a group setting, creating a safe and fun environment to reach their goals.

13 Week Program with 2 month Follow up
Over the course of 13 weeks, you will participate in 8 one-hour diabetes coaching sessions lead by CHI Health diabetes educators. During this time period, you will also attend 2 guided physical activity sessions per week, led by certified YMCA personal trainers.

Program Highlights
- Small group training with YMCA or CHI Wellness Services personal trainers
- Diabetes coaching from CHI Health diabetes educators
- A1c testing
- Body Composition Analysis (via Bioelectrical impedance)
- Fitness Assessments (strength and endurance)
- Free household membership to the YMCA during 13 week program
- Logbook (will be used to record food, drink, physical activity, and blood glucose)

The more you know the more you can save on diabetes medications, emergency room, and doctor visits, complications and other medical expenses. With the combined packaging of our program you are not only saving on costs but creating a better quality of life for you and your family.

Diabetes Education is typically covered by Medicare, Medicaid, HSA and Pay flex accounts, and many other insurance companies. We also offer a self-pay option and, if applicable, financial assistance.

DID YOU KNOW?
Of those who completed this program in 2014:
- 79% of participants improved their A1c level (on average by 0.67%)
- 82% of participants lost weight and/or made improvements in their body composition
How To Get Started

Your doctor will need to complete an ambulatory diabetes education referral through EPIC or use the referral form included. For more information, dates, or to get registered contact Diabetes Education at 402-717-3422 or diabetesandnutrition@alegent.org

Group classes are jointly held at hospital locations and YMCA’s

**January – March**  
CHI Health Immanuel / IMC Wellness Center

**February - April**  
CHI Health Lakeside / Armbrust YMCA  
CHI Health Mercy Council Bluffs / Council Bluffs YMCA

**March – May**  
CHI Health Midlands / Sarpy YMCA  
CHI Health Bergan Mercy / Southwest YMCA

**May - July**  
CHI Health Immanuel / IMC Wellness Center

**June – August**  
CHI Health Mercy Council Bluffs / Council Bluffs YMCA  
CHI Health Midlands / Sarpy YMCA

**September – November**  
CHI Health Lakeside / Armbrust YMCA  
CHI Health Bergan Mercy / Southwest YMCA  
CHI Health Immanuel / IMC Wellness Center
Diabetes Self-Management Training (DSMT) and medical nutrition therapy (MNT) are individual and complementary services to improve diabetes care. For Medicare beneficiaries, both services can be ordered in the same year. Per Medicare guidelines, patient must have separate appointments on 2 separate days for individual instruction. Research indicates MNT combined with DSMT improves outcomes.

Medical Nutrition Therapy (MNT)
- Initial MNT
- Annual follow-up MNT
- Additional MNT services in the same calendar year, per RD recommendations. Please specify change in diagnosis, medical, condition, or treatment regimen:

Plan of Care - Review plan of care on the reverse side of this form, and make patient-specific changes here.

Diabetes Medications (specify type, dose, and frequency):

Testing Frequency times per day
- Fasting
- Meals
- 2 hours postmeal
- Bedtime
- Needs meter/prescriptions

Exercise Limitations
- None
- Specify: _________

Desired Clinical Outcomes (Evidence-based reference value)
- AIC < 7.0 or _________
- BP < 130/80 or _________
- LDL < 100 mg/dl or _________

Other goals: _________

Recent lab (for outcomes evaluation): Please indicate below, or fax lab with form.

<table>
<thead>
<tr>
<th>FBS # 1</th>
<th>FBS # 2</th>
<th>Nonfasting glucose</th>
<th>GTT</th>
<th>AIC</th>
<th>%</th>
<th>Mean</th>
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<tbody>
<tr>
<td>Cholesterol</td>
<td>Triglycerides</td>
<td>HDL</td>
<td>LDL</td>
<td>BUN</td>
<td>Creatinine</td>
<td>Micro-albumin</td>
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As the healthcare provider treating this beneficiary's diabetic condition, I certify that diabetes self-management training is needed under a comprehensive plan for this patient's diabetes care to ensure therapy compliance and/or to provide the necessary skills and knowledge to enable the patient to manage his/her condition.

Physician Signature

Date
DIABETES EDUCATION
CERTIFICATE OF MEDICAL NECESSITY FOR
DIABETES SELF-MANAGEMENT TRAINING
AND MEDICAL NUTRITION THERAPY

Side 2 is for physician office information only and does not need to be faxed to the MAC Office. Please make any patient-specific changes to plan of care on front page.

<table>
<thead>
<tr>
<th>Office</th>
<th>Fax</th>
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<tbody>
<tr>
<td>Bergan Mercy Medical Center – Diabetes Education</td>
<td>(402) 398-6312</td>
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<tr>
<td>Immanuel Medical Center – Diabetes Education</td>
<td>(402) 572-2872</td>
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<tr>
<td>Mercy Hospital – MAC</td>
<td>(712) 328-5959</td>
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<tr>
<td>Midlands Hospital – Access</td>
<td>(402) 717-2222</td>
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<tr>
<td>Lakeside Hospital – Diabetes Education</td>
<td>(402) 717-8366</td>
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<tr>
<td>Community Memorial Hospital</td>
<td>(712) 642-9294</td>
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<td>Mercy Hospital, Corning, IA</td>
<td>(641) 322-6267</td>
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DIABETES SELF-MANAGEMENT EDUCATION

Plan of Care
Group education is the standard and required by Medicare unless barriers to learning are identified.
Annual follow-up education recommended.
Medicare allows 10 hours first year initial diabetes education and 3 hours MNT.
Medicare allows 2 hours of follow-up education per year and 2 hours MNT.

Group Education
These classes cover a wide variety of topics and are geared to assist recently-diagnosed diabetics, as well as those who want to keep current on the disease and treatment advances.

- 8-10 hours education; number and length of sessions vary depending on location.

Topics Include
- What is diabetes?
- Types of diabetes and factors contributing to the development of the disease.
- Benefits of monitoring blood sugar.
- Treatment options.
- Nutrition and meal planning.
- Use of medications.
- Benefits of exercise.
- Preventing and managing complications.
- Goal setting.

Individual Patient Education
Educators are available to instruct individuals and their families on:
- The basics of diabetes self-management (see group education topics).
- Insulin therapy.

Nutrition Therapy
A registered dietitian/medical nutrition therapist can provide information and materials based on the individual’s lifestyle and treatment plan.
Topics include:
- Menu and meal planning.
- Carbohydrate counting.
- How to read food labels.
- How to plan your meals when dining out.
- Effects of alcohol on nutrition and health.
- Exercise and weight management

Diabetes Education Staff Only
This care plan was reviewed with the patient who indicated that this plan is acceptable, that she/he would participate and particularly wants to understand:

<table>
<thead>
<tr>
<th>Patient Signature</th>
<th>Date</th>
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<th>Staff Signature</th>
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