

# HealthWorks For Diabetes

## IT'S TIME TO WORK ON YOU!



### 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

### 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.



# 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](mailto: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





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

<input type="checkbox"/> Bergan Mercy Medical Center <input type="checkbox"/> Community Memorial Hospital, Missouri Valley <input type="checkbox"/> Immanuel Medical Center	<input type="checkbox"/> Lakeside Hospital <input type="checkbox"/> Memorial Hospital, Schuyler <input type="checkbox"/> Mercy Hospital, Corning	<input type="checkbox"/> Mercy Hospital, Council Bluffs <input type="checkbox"/> Midlands Hospital <input type="checkbox"/> Other _____		
Social Security Number (SSN)	MRN	Account Number		
Name	DOB	Home Phone ( )	Work Phone ( )	
Address	City	State	Zip + 4	
Insurance	Age	Sex <input type="checkbox"/> M <input type="checkbox"/> F	Ht	Wt
Physician	Physician Phone	Physician Fax		

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.

**Diabetes Self-Management Training (DSMT)**

- ☐ **Group Initial Training and Initial MNT**  
☐ **Individual Instruction/Follow-up Training**

Check all patient special needs for individual instruction:

- ☐ Vision ☐ Hearing  
☐ Physical ☐ Cognitive impairment  
☐ Language limitations: \_\_\_\_\_  
☐ No group training offered within 2 months  
☐ Insulin Start  
☐ Other: \_\_\_\_\_

**Diagnosis** ☐ Established diabetes ☐ New diagnosis

Reference: FBS  $\geq 126 \times 2$  days or random BS  $> 200$ .

Medicare: 2 elevated results on separate days.

- ☐ Type 1 controlled ☐ Type 1 uncontrolled  
☐ Type 2 controlled ☐ Type 2 uncontrolled  
☐ Prediabetes ☐ Other: \_\_\_\_\_

**Other Medical Conditions**

- ☐ Hypertension ☐ Nephropathy ☐ Stroke  
☐ Neuropathy ☐ Retinopathy ☐ PVD  
☐ Dyslipidemia ☐ Pregnancy ☐ CHD  
☐ Nonhealing wound ☐ Obesity  
☐ Mental/Affective disorder

**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 ☐ Premeal ☐ 2 hours postmeal ☐ Bedtime  
☐ Needs meter/prescriptions ☐ Other: \_\_\_\_\_

**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.**

FBS # 1	FBS # 2	Nonfasting glucose	GTT	AIC	% Mean
Cholesterol		Triglycerides	HDL	LDL	
BUN		Creatinine	Micro-albumin	Urine ketones	

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



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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.

	Office	Fax
Bergan Mercy Medical Center – Diabetes Education	(402) 398-6312	(402) 398-6385
Immanuel Medical Center – Diabetes Education	(402) 572-2872	(402) 572-3735
Mercy Hospital – MAC	(712) 328-5959	(712) 328-5088
Midlands Hospital – Access	(402) 717-2222	(402) 717-2220
Lakeside Hospital – Diabetes Education	(402) 717-8366	(402) 717-8916
Community Memorial Hospital	(712) 642-9294	(712) 642-9896
Mercy Hospital, Corning, IA	(641) 322-6267	(641) 322-6343

**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.

**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:

☐ **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

Patient Signature	Date
Staff Signature	Date