Medicare Covers Diabetes and Nutrition Education

Medicare covers two services for people with diabetes: Diabetes Self-management Training (DSMT) and Medical Nutrition Therapy (MNT). For Medicare to cover these services, your doctor must refer you to an American Diabetes Association (ADA) recognized diabetes education center (see back page).

What is Diabetes Self-Management Training?
Diabetes self-management training helps you learn how to successfully manage your diabetes. Your doctor must prescribe this training for you. This training includes how to manage blood glucose (blood sugar), make informed choices about nutrition and exercise, and prevent and treat complications of diabetes.

What is Medical Nutrition Therapy?
Medical nutrition therapy is a nutrition program that provides patients with the skills they need to manage their diabetes through healthy eating and lifestyle habits. Therapy is provided by a registered dietitian or nutrition professional.

What will Medicare cover?
Medicare will cover both self-management training and medical nutrition therapy services when provided by a registered dietitian or at an ADA recognized diabetes education center.

Coverage for Self-Management Training
Medicare will help cover the following training services in a Medicare-approved diabetes education program:
- Ten hours of training within 12 months of your first referral (the 10 hours of training must be completed within 12 months from the time you start the training)
- An additional 2 hours of follow-up training each year after the year you receive initial training (you must get yearly prescriptions from your doctor)

Coverage for Medical Nutrition Therapy
- A total of 3 hours of 1-on-1 or group medical nutrition therapy services in 12 months
- An additional 2 hours of follow-up services each year following initial training
- Additional hours of services prescribed by the physician if condition, treatment or diagnosis changes

For questions, please call the Centers for Medicare and Medicaid services: 1-800-633-4227.

Other Sources of Diabetes Information
The National Diabetes Education Program (NDEP) developed a fact sheet describing the Medicare coverage, which can be viewed online at http://ndep.nih.gov/diabetes/EMCDS/emcds1.htm.

Printable copies are available in English or Spanish at www.ndep.nih.gov/diabetes/pubs/catalog.htm#PubsPatCont or by calling (800) 438-5383. Printed copies are also available from the Idaho Diabetes Prevention and Control Program by calling 208.334-6582.

The Medicare fact sheet is an excellent companion to NDEP’s brochure, The Power to Control Diabetes is in Your Hands, which focuses on the importance of blood glucose testing. It can also be ordered through the Web address or phone number listed above.

Web Resources
National Diabetes Education Program - www.ndep.nih.gov
American Diabetes Association - www.diabetes.org
**Ask your doctor to refer you for diabetes education.**

I'm interested in (you can select either one or both):

- [ ] Diabetes Self-Management Training
- [ ] Medical Nutrition Therapy

**Patient’s Name:** ___________________________  
**Date:** ________________

### ADA Recognized Diabetes Education Centers in Idaho

<table>
<thead>
<tr>
<th>Location</th>
<th>Center Name</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Website</th>
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| Bingham Memorial Hospital / Extended Care Facility - Education Center | 98 Poplar Street  
Blackfoot, ID 83221  
208.785.4100  
www.binghammemorial.org | | | |
| Bonner General Hospital | Diabetes Self-Management Education Program | 520 North 3rd Avenue  
Sandpoint, ID 83864  
208.265.1116  
www.bonnergen.org | | |
| Eastern Idaho Regional Medical Center Wellness Center - Health Promotion and Diabetes Education, Eastern Idaho RMC | Sunnyside Professional Plaza  
3200 Channing Way, Suite A202  
Idaho Falls, ID 83404  
208.529.6717  
www.eirmc.org | | | |
| Gooding County Memorial Hospital | Diabetes Education Program | 1120 Montana Street  
Gooding, ID 83330  
208.934.9886  
www.goodinghospital.org | | |
| Gritman Medical Center | Diabetes Care-Education, Self-Management Program | South 700 Main Street  
Moscow, ID 83843  
208.883.6341  
www.gritman.org | | |
| Humphreys Diabetes Center | 1226 River Street  
Boise, ID 83702  
208.331.1155  
www.hdiabetescenter.org | | | |
| Humphreys Diabetes Center | Emmett, ID 83670  
208.331.1155  
www.hdiabetescenter.org | | | |
| Humphreys Diabetes Center | Weiser, ID 83672  
208.331.1155  
www.hdiabetescenter.org | | | |
| Kootenai Medical Center | KMC Diabetes Self-Management Training Program  
2003 Lincoln Way  
Coeur d'Alene, ID 83814-2311  
208.666.2036  
www.kmc.org | | | |
| Madison Memorial Hospital | Diabetes Self-Management Education Program | 450 East Main  
Rexburg, ID 83440  
208.359.6524  
www.madisonhospital.org | | |
| Magic Valley RMC (inpatient) The Diabetes Center | 650 Addison Avenue West  
Twin Falls, ID 83301  
208.737.2683  
www.mvrmc.org | | | |
| Mercy Medical Center | LifeSkills Diabetes Education Program | 1512 12th Avenue Road  
Nampa, ID 83686  
208.463.5728  
www.mercymedicalnampa.com | | |
| Portneuf Diabetes Education Program | Physical Address: 777 Hospital Way  
Mailing Address: 651 Memorial Drive  
Pocatello, ID 83201  
208.239.2432  
www.portmed.org | | | |
| R & R Pharmacy Diabetes Education Clinic | 133 West Avenue A  
Jerome, ID 83338  
208.324.3784 | | | |
| Rocky Mountain Diabetes & Osteoporosis Center | Patient Diabetes Education Program | 2220 East 25th Street  
Idaho Falls, ID 83404  
208.523.1122 | | |
| Rocky Mountain Diabetes & Osteoporosis Center | Teton Valley Hospital Diabetes Self-Management Program | 120 East Howard Avenue  
Driggs, ID 83422  
208.354.2383 | | |
| Saltzer Medical Group | LifeSkills Diabetes Education Program | 215 East Hawaii Avenue  
Nampa, ID 83686  
208.463.3223  
www.saltzermed.com | | |
| St. Benedict’s Hospital Diabetes Management Center | 700 North Lincoln  
Jerome, ID 83338  
208.324.1122  
www.stbenshospital.com/diabetes.html | | | |
| St. Joseph Regional Medical Center | Outpatient Diabetes Education Program | 415 6th Street  
Lewiston, ID 83501  
208.799.5273  
http://64.126.132.181 | | |
| St. Luke’s Wood River Medical Center | Diabetes Self-Management Education Program | 100 Hospital Drive  
Ketchum, ID 83340  
208.727.8440  
www.stlukesonline.org/SLWRMC | | |
| Syringa General Hospital | 607 West Main Street  
Grangeville, ID 83530  
1.800.772.5137  
www.syringahospital.org | | | |
| West Valley Medical Center Diabetes Resource Center | 1717 Arlington Avenue  
Caldwell, ID 83605  
208.455.3813  
www.westvalleymedctr.com | | | |

### Take Steps to Control Your Diabetes

- Get regular physical activity, such as walking.
- Take the diabetes medicine your doctor prescribes for you.
- Follow the other recommendations provided by your physician or certified diabetes educator.