

Diabetes Services Order Form (DSMT and MNT Services)

*Indicates required information for Medicare order

PATIENT INFORMATION

Patient's Last Name First Name Middle
 Birth Date / / Medicare HICN # Gender Male Female
 Address City State Zip Code
 Home Phone Work Phone Other Contact Phone

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. Research indicates MNT combined with DSMT improves outcomes.

DIABETES SELF-MANAGEMENT TRAINING (DSMT)

Medicare: 10 hours initial DSMT in 12 month period, plus 2 hours follow-up DSMT annually

*Check type of training services and number of hours requested:

- Initial group DSMT: 10 hours or no. hrs. requested
 Follow-up DSMT: 2 hours or no. hrs. requested
 Additional insulin training: no. hrs. requested

*Patients with special needs requiring individual DSMT

Check all special needs that apply:

- Vision Hearing Physical Cognitive Impairment
 Language limitations Other

*DSMT Content

- All ten content areas, as appropriate
 Monitoring diabetes Diabetes as disease process
 Psychological adjustment Physical activity
 Nutritional management Goal setting, problem solving
 Medications Prevent, detect and treat acute complications
 Preconception/pregnancy management or gestational diabetes management Prevent, detect and treat chronic complications

* DIAGNOSIS

Please send recent labs for patient eligibility & outcomes monitoring

- Type 1 uncontrolled Type 1 controlled
 Type 2 uncontrolled Type 2 controlled
 Gestational diabetes Other

Complications/Comorbidities

Check all that apply:

- Hypertension Dyslipidemia Stroke
 Neuropathy Nephropathy PVD
 Renal disease Retinopathy CHD
 Non-healing wound Pregnancy Obesity
 Mental/affective disorder Other

MEDICAL NUTRITION THERAPY (MNT)

Medicare: 3 hours initial MNT in the first calendar year, plus two hours follow-up MNT annually. Additional MNT hours available for change in medical condition, treatment and/or diagnosis.

*Check the type of MNT and/or number of additional hours requested:

- Initial MNT Annual follow-up MNT
 Additional MNT services in the same calendar year, per RD recommendations no. additional hrs. requested

Please specify change in medical condition, treatment and/or diagnosis:

CURRENT DIABETES MEDICATIONS

Specify type, dose and frequency

Oral:

Insulin:

Patient now uses: Pen Needle Pump

PATIENT BEHAVIOR GOALS/PLAN OF CARE

*Signature and UPIN # *Date / /

Group/practice name, address and phone:

Revised 8/31/05 by the American Dietetic Association and the American Association of Diabetes Educators after substantial review and consultation. Authors do not recommend or endorse any revisions or modifications.

Medicare Coverage of Diabetes Self-Management Training and Medical Nutrition Therapy

Medicare covers **Diabetes Self-Management Training (DSMT)** and **Medical Nutrition Therapy (MNT)** for Medicare beneficiaries with diabetes. To help your patients with Medicare coverage and diabetes improve their self-management and prevent complications, refer your patients to an American Diabetes Association (ADA) recognized diabetes education center (see other side for a list of ADA recognized centers in Idaho). A physician referral is mandatory to receive reimbursement from Medicare. An explanation of benefits is listed below.

Diabetes Self-Management Training

Medicare will cover the following patient services for Diabetes Self-Management Training:

- A total of 10 hours of initial training in 12 months from an ADA recognized diabetes education center (all 10 hours must be completed within the 12 months from the time the patient started training)
- An additional 2 hours of follow-up training each year after the year the patient received initial training (the patient must get yearly prescriptions from the doctor)
- Training includes blood glucose management, nutrition, physical activity, and preventing and treating complications of diabetes

The National Diabetes Education Program (NDEP) has developed an informational fact sheet describing this coverage, which can be viewed online at <http://ndep.nih.gov/diabetes/EMCDS/emcids1.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.

This 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.

Medical Nutrition Therapy (MNT)

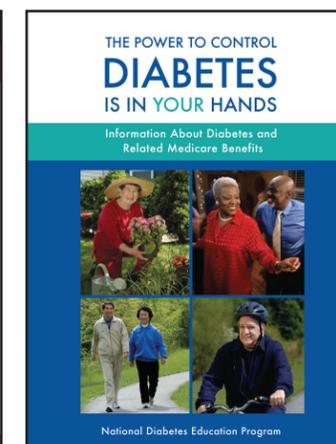
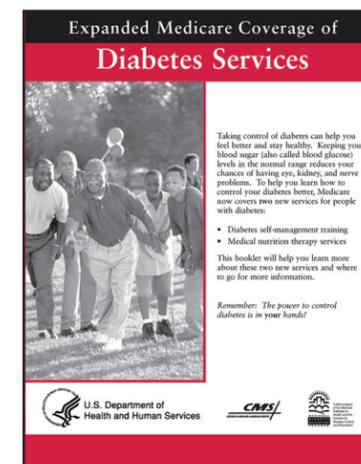
Medical Nutrition Therapy is defined as "nutritional diagnostic, therapeutic, and counseling services provided by a registered dietitian or nutrition professional for the purpose of managing diabetes or renal disease."

Medicare will cover the following services for Medical Nutrition Therapy from a registered dietitian or ADA recognized diabetes education center:

- A total of 3 hours of 1-on-1 or group medical nutrition therapy services during the first 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
- Training includes review of current eating habits, nutrition counseling, management of lifestyle factors that affect food choices and follow-up visits to check on progress

Billing

For questions about **billing, please call Centers for Medicare and Medicaid Services at 1-800-MEDICARE.**



Benefits of Diabetes Self-Management Training

Data from the 2005 Idaho Behavioral Risk Factor Surveillance System (BRFSS) shows that people with diabetes who receive diabetes self-management training improve their management of diabetes. Diabetes education promotes preventive self-care management. People are more likely to check blood sugar at least once daily, have an annual foot exam, have hemoglobin A1C checked in the past year, have an annual dilated eye exam, and have an influenza vaccination in the last year.

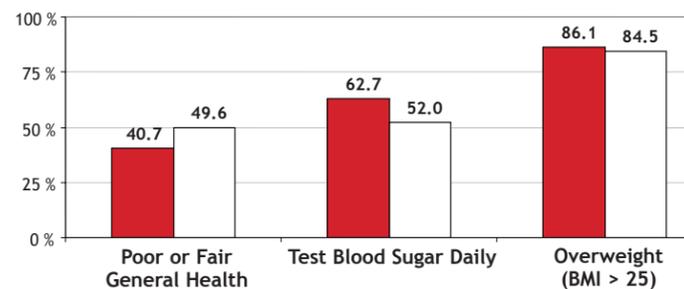
In general, Idaho adults with diabetes who have taken a diabetes education class enjoy better overall health and exhibit better control of their diabetes than those who have not taken a class. Class participants report better general health, more consistent glucose monitoring, and healthier weight management.

Effects of Diabetes Self-Management Training on Diabetes Preventive Care - 2005

	Ever Taken a Diabetes Self-Management Class	
	Yes (%)	No (%)
Test Blood Sugar Daily	62.7	52.0
Annual A1c Test	84.6	73.8
Personal Foot Checks Daily	63.9	66.8
Annual Dilated Eye Exam	63.0	54.5
Annual Flu Vaccine	49.1	47.0
Pneumonia Vaccine Ever	53.0	44.1
Taking Diabetes Pills	63.4	73.8

Health Indicators of Idaho Adults with Diabetes Compared to Participation in a Diabetes Self-Management Training (DSMT) Class - 2005

■ Have taken a diabetes DSMT class
□ Have never taken a diabetes DSMT class



2005 BRFSS Report, Bureau of Health Policy & Vital Statistics

Education and Information Provided by ADA Recognized Diabetes Education Centers

ADA recognized diabetes education centers provide patient self-management education and information on the following topics:

- Diabetes overview
- Stress and psychosocial adjustment
- Family involvement and social support
- Nutrition
- Exercise and activity
- Medications (insulin injections, pump instruction)
- Monitoring and use of results
- Relationship among nutrition, exercise, medication and blood glucose levels
- Prevention, detection and treatment of complications
- Foot, skin and dental care
- Behavior change strategies, goal-setting, and problem solving
- Pregnancy and gestational diabetes (if applicable)
- Use of health care systems and community resources



ADA Recognized Diabetes Education Centers in Idaho


IDAHO DEPARTMENT OF HEALTH & WELFARE
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American Diabetes Association (ADA) Recognized Diabetes Education Programs in Idaho, 2006

Bingham Memorial Hospital / Extended Care Facility - Education Center 98 Poplar Street Blackfoot, ID 83221 • 208.785.4100 • www.binghammemorial.org	Portneuf Diabetes Education Program Physical Address: 777 Hospital Way Mailing Address: 651 Memorial Drive Pocatello, ID 83201 • 208.2392432 • www.portmed.org
Bonner General Hospital Diabetes Self-Management Education Program 520 North 3rd Avenue Sandpoint, ID 83864 • 208.265.1116 • www.bonnergen.org	R & R Pharmacy Diabetes Education Clinic 133 West Avenue A Jerome, ID 83338 • 208.324.3784
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	Rocky Mountain Diabetes & Osteoporosis Center Patient Diabetes Education Program 2220 East 25th Street Idaho Falls, ID 83404 • 208.523.1122
Gooding County Memorial Hospital Diabetes Education Program 1120 Montana Street Gooding, ID 83330 • 208.934.9886 • www.goodinghospital.org	Rocky Mountain Diabetes & Osteoporosis Center Teton Valley Hospital Diabetes Self-Management Program 120 East Howard Avenue Driggs, ID 83422 • 208.354.2383
Gritman Medical Center Diabetes Care-Education, Self-Management Program South 700 Main Street Moscow, ID 83843 • 208.883.6341 • www.gritman.org	Saltzer Medical Group LifeSkills Diabetes Education Program 215 East Hawaii Avenue Nampa, ID 83686 • 208.463.3223 • www.saltzermed.com
Humphreys Diabetes Center 1226 River Street Boise, ID 83702 • 208.331.1155 • www.hdiabetescenter.org	St. Benedict's Hospital Diabetes Management Center 709 North Lincoln Jerome, ID 83338 • 208.324.1122 • www.stbenshospital.com/diabetes.html
Humphreys Diabetes Center Emmett, ID 83617 • 208.331.1155 • www.hdiabetescenter.org	St. Joseph Regional Medical Center Outpatient Diabetes Education Program 415 6th Street Lewiston, ID 83501 • 208.799.5273 • http://64.126.132.181
Humphreys Diabetes Center Weiser, ID 83672 • 208.331.1155 • www.hdiabetescenter.org	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
Kootenai Medical Center KMC Diabetes Self-Management Training Program 2003 Lincoln Way Coeur d'Alene, ID 83814-2311 • 208.666.2036 • www.kmc.org	Syringa General Hospital 607 West Main Street Grangeville, ID 83530 • 1.800.772.5137 • www.syringahospital.org
Madison Memorial Hospital Diabetes Self-Management Education Program 450 East Main Rexburg, ID 83440 • 208.359.6524 • www.madisonhospital.org	West Valley Medical Center Diabetes Resource Center 1717 Arlington Avenue Caldwell, ID 83605 • 208.455.3813 • www.westvalleymedctr.com
Magic Valley RMC (inpatient) The Diabetes Center 650 Addison Avenue West Twin Falls, ID 83301 • 208.737.2683 • www.mvrmc.org Downtown Campus (outpatient) 660 East Shoshone Avenue Twin Falls, ID 83301 • 208.737.2683	
Mercy Medical Center LifeSkills Diabetes Education Program 1512 12th Avenue Road Nampa, ID 83686 • 208.463.5728 • www.mercymedicalnampa.com	