

Access to Healthcare Network's Diabetes Self-Management Education and Training (DSME/T) program is a six-week educational intervention aimed at improving clinical, behavioral, and quality of life outcomes among individuals living with type I, type II, or gestational diabetes. *For more information on the DSME/T, please see page 2.*

Patient Information

Last Name	First Name	Middle
Date of Birth: ____/____/____	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Language: <input type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other: _____
Address	City	State Zip Code
Home Phone	Other Phone	E-mail address
Primary Payer Source (Health Insurance)	Primary Care Provider/Practice	

Diabetes Diagnosis

Please include all relevant labs (FBG, OGTT, CBG, A1C) to support patient eligibility and outcomes monitoring.
Refer to page 2 for program eligibility and coverage requirements.

- | | | |
|---|---|--|
| <input type="checkbox"/> Type 1 DM | <input type="checkbox"/> Gestational DM | <input type="checkbox"/> Diabetes, unspecified |
| <input type="checkbox"/> Type 2 DM | <input type="checkbox"/> Pre-existing DM with pregnancy | |
| <input type="checkbox"/> ICD-10 Diagnostic Code (required): _____ | | |

Complications/Comorbidities (select all that apply):

- | | | | |
|---|--|--|------------------------------------|
| <input type="checkbox"/> Hypertension | <input type="checkbox"/> Dyslipidemia | <input type="checkbox"/> Obesity | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Neuropathy | <input type="checkbox"/> Retinopathy | <input type="checkbox"/> CHD | <input type="checkbox"/> PVD |
| <input type="checkbox"/> Kidney disease | <input type="checkbox"/> Non-healing wound | <input type="checkbox"/> Mental/affective disorder | <input type="checkbox"/> Pregnancy |
| <input type="checkbox"/> Other _____ | | | |

Diabetes Self-Management Education/Training (DSME/T)

Select type of training services and number of hours requested:

- | | |
|--|---|
| <input type="checkbox"/> Initial group DSME/T: | <input type="checkbox"/> 10 hours or ____ number of hours requested |
| <input type="checkbox"/> Follow-up DSME/T: | <input type="checkbox"/> 2 hours or ____ number of hours requested |

DSME/T content to be covered (select all that apply):

- | | | |
|--|---|---|
| <input type="checkbox"/> Monitoring diabetes | <input type="checkbox"/> Diabetes disease process | <input type="checkbox"/> Medication usage/adherence |
| <input type="checkbox"/> Nutritional management | <input type="checkbox"/> Physical activity | <input type="checkbox"/> Psychosocial adjustment |
| <input type="checkbox"/> Goal setting/problem solving | <input type="checkbox"/> Preventing, identifying, and treating <i>acute</i> complications | |
| <input type="checkbox"/> Preconception/pregnancy management or GDM | <input type="checkbox"/> Preventing, identifying, and treating <i>chronic</i> complications | |

Special needs requiring individual (1 on 1) DSME/T (select all that apply):

- | | | |
|---|---|--|
| <input type="checkbox"/> Mobility impairment | <input type="checkbox"/> Vision impairment | <input type="checkbox"/> Hearing impairment |
| <input type="checkbox"/> Cognitive impairment | <input type="checkbox"/> Language limitations | <input type="checkbox"/> Physical impairment |
| <input type="checkbox"/> Additional training (____ number of additional hours requested) | | <input type="checkbox"/> Other _____ |

Provider Name: _____

NPI # _____

Group Practice: _____

Phone: _____

Provider Signature: _____

Date: ____/____/____

About Diabetes Self-Management Education and Training (DSME/T)

Access to Healthcare Network’s Diabetes self-management education and training (DSME/T) is an ongoing, evidence-based process that aims to assist persons living with diabetes in acquiring the knowledge, skills, attitudes, behaviors, and support needed to manage their diabetes effectively. Under the guidance of Registered Dietitians and trained health educators, patients hone their decision-making and problem-solving skills and learn to manage blood sugar levels through diet, exercise, and healthy lifestyle modifications. This American Association of Diabetes Educators (AADE) accredited program covers a variety of topics, including:

- Nutritional management of diabetes
- Physical activity for blood glucose management
- Medication adherence and safety
- Blood glucose monitoring
- Problem-solving and goal setting
- Risk reduction and complication prevention
- Psychosocial coping mechanisms

Who Can Benefit from Diabetes Self-Management Education and Training (DSME/T)

In 2015, the American Diabetes Association (ADA), American Association of Diabetes Educators (AADE), and the Academy of Nutrition and Dietetics (AND) issued a joint position statement on the importance of DSME/T in type II diabetes for optimal outcomes. The position statement defines four critical times for delivery of DSME/T: at diagnosis; during annual assessment; when a person with diabetes has new complicating factors; upon transitions in care.

Program Eligibility Requirements

In order to be eligible to receive this service, Access to Healthcare Network must receive a **written referral** (see attached) from the patient’s treating physician or a qualified non-physician practitioner (e.g. nurse practitioner, physician assistant, clinical nurse specialist, or advanced nurse practitioner). This form must be completed in its entirety, including all requested labs, as failure to do so may render the patient ineligible to receive insurance coverage.

Program Coverage Requirements

In order to qualify for Diabetes Self-Management Education and Training (DSME/T) coverage, Medicare and many other commercial payers require referring providers to include documentation of a diagnosis of diabetes based on one of the following criteria:

Test	Value
Fasting Blood Glucose	≥ 126 mg/dl on two separate occasions
2-Hour Post-Glucose Challenge	≥ 200 mg/dl on two separate occasions
Random Glucose Test	> 200 mg/dl with symptoms of uncontrolled diabetes

Note: Failure to attach supporting labs to confirm diagnosis may result in denial of coverage.