

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.

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/emclds1.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

National Diabetes Information Clearinghouse - <http://diabetes.niddk.nih.gov>

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.

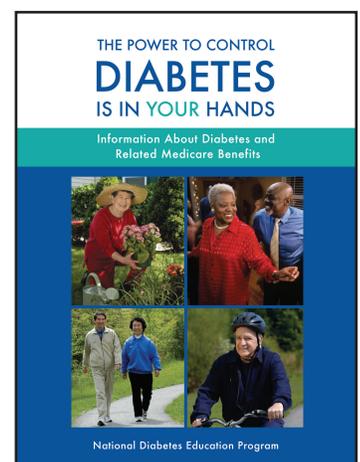
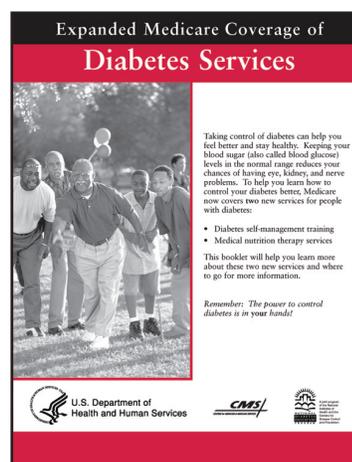
Coverage for Self-Management Training

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



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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

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

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.