



The Power to Control Diabetes Is in Your Hands

Diabetes is a serious disease that affects nearly every part of the body. That is why additional information on managing your disease may help you take better care of your diabetes. Work with your team of health care professionals to begin taking control of your diabetes. You will feel better and lower your chances for serious health problems. Here are some steps you can take to begin controlling your diabetes:

- Get regular physical activity, such as walking or swimming.
- Follow a healthy eating plan developed by your doctor or dietitian.
- Take the diabetes medicines that your doctor prescribes. Ask if you need aspirin to prevent heart attack and stroke.
- Lower your chances of having a heart attack, a stroke, or other diabetes-related problems by controlling your diabetes ABCs:
 - **A** is for **A1C test**. This lab test measures your average blood glucose over the past 3 months (suggested target: below 7 percent).
 - **B** is for **blood pressure**. The goal for most people is 130/80.
 - **C** is for **cholesterol**. The LDL, or bad cholesterol, goal for most people is below 100.

Ask your doctor about your target numbers.



Additional Resources:

American Association of Diabetes Educators
1-800-TEAM-UP4 (800-832-6874)
www.aadenet.org

American Diabetes Association
1-800-342-2383
www.diabetes.org

American Dietetic Association
1-800-366-1655
www.eatright.org

American Heart Association
1-800-AHA-USA1
www.americanheart.org

Centers for Disease Control and Prevention
1-877-232-3422
www.cdc.gov/diabetes

**Indian Health Service
National Diabetes Program**
505-248-4182
www.ihs.gov/medicalprograms/diabetes

National Diabetes Education Program
1-800-438-5383
www.ndep.nih.gov

**National Institute of Diabetes and Digestive and Kidney Diseases
National Diabetes Information Clearinghouse**
1-800-860-8747
www.niddk.nih.gov

For more information about what Medicare covers and to receive a free copy of *Medicare Coverage of Diabetes Supplies and Services*, contact:

Centers for Medicare & Medicaid Services
1-800-MEDICARE (1-800-633-4227)
(TTY users) 1-877-486-2048
www.medicare.gov

Expanded Medicare Coverage of Diabetes Services



Taking control of diabetes can help you feel better and stay healthy. Keeping your blood sugar (also called blood glucose) levels in the normal range reduces your chances of having eye, kidney, and nerve problems. To help you learn how to control your diabetes better, Medicare now covers two new services for people with diabetes:

- Diabetes self-management training
- Medical nutrition therapy services

This booklet will help you learn more about these two new services and where to go for more information.

Remember: The power to control diabetes is in your hands!



U.S. Department of
Health and Human Services



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.

How can I get diabetes self-management training?

You can get diabetes self-management training if:

- Your doctor prescribes it
- You are at risk for complications from diabetes, such as:
 - poor blood sugar control
 - vision problems
 - nerve damage or lack of feeling in your feet or lower limbs
 - kidney disease
- You have been recently diagnosed with diabetes
- You have diabetes and have recently become eligible for Medicare.



What self-management training services will Medicare cover?

Medicare will help cover the following training services in a Medicare-approved diabetes education program:

- A total of 10 hours of initial training in 12 months (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).

Where can I find Medicare-approved self-management training programs?

Your doctor will give you information about where to get diabetes self-management training. You must get this training from a Medicare-approved diabetes education program.

Diabetes self-management training programs may not be available in all areas. Check with the American Diabetes Association at 1-800-342-2383 or visit the association's Web site at www.diabetes.org/education/eduprogram.asp to find a Medicare-approved training program near you.

If you are American Indian, programs also may be approved in your area by the Indian Health Service. Check with your local tribal medical services about the availability of diabetes self-management training.



What are medical nutrition therapy services?

In addition to the diabetes self-management training benefit, people with diabetes can receive medical nutrition therapy services. Your doctor must prescribe these services for you. A registered dietitian or nutrition professional provides medical nutrition therapy services. These services include:

- A review of your current eating habits
- Nutrition counseling (what foods to eat)
- How to manage lifestyle factors that affect your food choices
- Follow-up visits to check on your progress in managing your food choices.

How can I get medical nutrition therapy services?

If you have a diagnosis of diabetes or kidney disease, have a prescription from your doctor for nutrition therapy services, and are eligible for Medicare, you can get this benefit.



What medical nutrition therapy services does Medicare cover?

Medicare will help cover the following medical nutrition therapy services provided by a registered dietitian or nutrition professional:

- A total of 3 hours of one-on-one or group medical nutrition therapy services during the first year (you must get a prescription from your doctor)
- An additional 2 hours of follow-up services each year after the first year of services (you must get yearly prescriptions from your doctor)
- Additional hours of services prescribed by your doctor if your condition, treatment, or diagnosis changes.

Where can I find medical nutrition therapy services?

Your health care practitioner will refer you to a nutrition professional in your area who can provide you with medical nutrition therapy services. You can also contact the American Dietetic Association (ADA), which provides a national referral service of local dietitians across the country. You can call ADA's National Center for Nutrition and Dietetics at 1-800-366-1655 or visit the Web site at www.eatright.org (click "Find a Nutrition Professional").



Does Medicare help pay for other services and supplies for people with diabetes?

Medicare helps pay for certain services and supplies for people with diabetes who have Medicare Part B. All require a doctor's prescription. The diabetes-related services and supplies covered by Medicare include:

- Blood sugar (glucose) monitor and supplies
- Hemoglobin A1C tests, which measure how well your blood glucose has been controlled over the past 2 to 3 months
- Dilated eye exams to check for diabetic eye diseases
- Glaucoma screening
- Flu and pneumococcal pneumonia shots.

