

## Comprehensive Diabetes Care, Education/Training & Follow-up Program

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This is a detailed breakdown of a comprehensive diabetes care, education/training & follow-up program.

→ *Individual* sessions last approximately 1.5 hrs

### **Individual Medical Nutrition Therapy Session # 1 (CPT 97802- Individual)**

*-The first session determines the participant's education needs. The participant meets with a registered dietitian nutritionist who is also certified as a diabetes care & education specialist. The participant receives an individualized meal plan, glucose monitoring education and a recommended testing schedule.*

### **Individual Medical Nutrition Therapy Session # 2 (CPT 97803- Individual)**

*-The participant learns more about eating for better health and carbohydrate counting. The participant practices this method of meal-planning with a registered dietitian nutritionist, who is also certified as a diabetes care & education specialist, to gain better understanding. The participant is introduced to food and activity record-keeping as a first step to problem-solving & pattern management. Glucose results and targets are reviewed with the participant.*

### **Diabetes Self-Management Training: Individual Session # 1 (CPT G0108- Individual)**

#### **"Diabetes 101"**

**The participant learns:**

- What is Diabetes?
- Types of Diabetes
- Diabetes Diagnosis, Risk Factors, and Symptoms
- Diabetes Treatment Plan
- The A1C Test
- Monitoring Glucose
- Diabetes Food Plan
- Benefits of Physical Activity
- Planning for Success

## Diabetes Self-Management Training: *Individual* Session # 2 (CPT G0108- Individual)

### **“Managing Diabetes and Solving Problems”**

#### **The participant learns:**

- Reviewing Glucose Data/Targets*
- Low Glucose (Hypoglycemia)*
- High Glucose (Hyperglycemia)*
- Sick Day Plan*
- Diabetes Goal-Setting (participant selects own goal to work towards)*
- Getting the Most out of the Diabetes Food Plan*
- Dining Away from Home and Diabetes*
- Diabetes and Alcohol*
- Getting the Body Moving*
- Working with Goal-Setting/Creating a Success Plan*

## Diabetes Self-Management Training: *Individual* Session # 3 (CPT G0108- Individual)

### **“Staying Healthy for a Lifetime”**

#### **The participant learns:**

- Success Plan Checkpoint (participant self-evaluation on goal progress/achievement/barriers)*
- Reviewing Glucose Data/Targets*
- How Diabetes Changes over Time*
- Staying Healthy for a Lifetime with Diabetes*
- Healthy Eyes*
- Healthy Feet*
- Healthy Heart*
- Blood Pressure and Heart Health*
- Tobacco Use, Diabetes, and Heart Health*
- Cholesterol, Triglycerides, and Heart Health*
- Stepping it up for Heart Health*
- Secrets of Success- Overcoming Barriers*

## Diabetes Self-Management Training: *Individual* Session # 4 (CPT G0108- Individual)

### **“The Realities of Living with Diabetes”**

#### **The participant learns:**

- Ups and Downs of Life with Diabetes*
- Solving Abnormal Glucose Patterns/Puzzles*
- How to evaluate if your diabetes treatment plan is working*
- Managing Stress/Developing Coping Skills*
- When Life Gets in the Way*
- Diabetes and Mental Health*
- Eating for Better Health*
- Choosing a long-term, healthy weight-loss/weight-maintenance plan*
- Keeping Active for Life*
- Staying in Charge of Diabetes*
- Diabetes Support/Long-term Support Plan*

**Diabetes Self-Management Training: *Individual* Program Completion Session (CPT G0108- Individual)**  
**(scheduled within 3 months of Diabetes Self-Management Training Session # 4)**

*-The final session of the comprehensive education series is a re-evaluation of the participant's education needs for continued follow-up. The participant meets with a registered dietitian nutritionist who is also certified as a diabetes care & education specialist. An individualized program completion plan is developed with the participant and they select their desired long-term support follow-up.*

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**Diabetes Self-Management Training Session: *Individual* New Insulin/Injectable Start 1 (CPT G0108- Individual)**  
**(scheduled only for those participants using insulin and/or injectable diabetes medications)**  
**"Using Insulin and Injectables to Better Manage Diabetes"**

**The participant learns:**

- Types/Action of Prescribed Injectable Diabetes Medications*
- Type/Actions of Prescribed Insulin & Delivery Methods*
- Injectable Diabetes Medication/Insulin Plan*
- Dosing and Injecting*
- Storage*
- Concerns about Injection*
- Working/Driving Safely*
- Treating Hypoglycemia/Glucagon Use*
- Using Insulin-to-Carb Ratios*
- Adjusting Insulin to Correct Glucose Patterns (Problem Solving and Pattern Management)*

***Individual* Continuous Glucose Monitoring (CGM) Session: Professional or Personal CGM Start (CPT G0108- Individual for Initial CGM Placement & then CPT 95249- Individual Personal CGM or CPT 95250- Individual Professional CGM when participant returns in 1-2 weeks. Referring provider can also bill for CPT 95251 if they document formal interpretation of the CGM data.)**

**(scheduled only for those participants using a personal CGM & needing education and/or assistance - or - for a participant needing professional CGM)**

**"Using Continuous Glucose Monitoring (CGM) to Better Manage Diabetes"**

**The participant learns:**

- Sensor site selection, rotation, and sensor application*
- Sensor activation/pairing to a device*
- Individualizing settings/alarms*
- Sharing data with caregivers and healthcare providers*
- Interstitial glucose versus blood glucose*
- Understanding CGM data and trends*
- Time in range*
- Troubleshooting*
- Removal and Disposal*

**Individual Medical Nutrition Therapy Follow-up Session(s) (CPT 97803- Individual or CPT G0270- Individual, if there are changes in the treatment plan that would prompt a re-assessment)**

**Individual Diabetes Self-Management Training Follow-up Session(s) (CPT G0108- Individual)**

**(1 MNT and 1 DSME/T follow-up session is scheduled at least yearly after completion of comprehensive Medical Nutrition Therapy and Diabetes Self-Management Education/Training.**

*-The follow-up sessions are a re-evaluation of the participant's education needs. The participant meets with a registered dietitian nutritionist who is also certified as a diabetes care & education specialist. If the participant's diabetes is still uncontrolled...then I recommend we continue to work together individually every 3 months until it is controlled. (Recommendations to the PCP may also include professional CGM or Endocrinology referral or prescription for personal CGM device pending participant's insurance coverage.) If the participant's diabetes is well-controlled...then I recommend a brief follow-up 3-6 months after comprehensive education completion and then at least a follow-up yearly. Participants will continue to need periodic changes in their treatment plan and follow-up education/support as they age.*