

Diabetes Self-Management Education Program (DSME)

The Diabetes Self-Management Education Program (DSME) is now covered by Buckeye Health Plan for Medicaid members.

This program can create positive changes in health behaviors and improve diabetes-related outcomes such as:

- Improved hemoglobin A1C levels
- Improved control of blood pressure and cholesterol levels
- Healthier lifestyle behaviors
- Fewer hospital admissions and readmissions

Patients can learn about these topics and more:

- Eat healthy without giving up the foods you love
- Add physical activity to your life, even if you don't think you have time
- Deal with stress
- Cope with challenges that can derail your hard work
- Get back on track if you stray from your plan—because everyone slips now and then
- Prevent or delay the progression of complications that are associated with diabetes
- Balance food, activity, stress, and medications to control diabetes



Did you know...

- Every 7 seconds, a person dies of diabetes
- In that same 7 seconds, 2 people develop diabetes
- Uncontrolled diabetes can lead to serious complications including: heart disease, stroke, depression, blindness, kidney failure, nerve pain, amputations, and more

Diabetes can be reversed or controlled to prevent complications. Let a team of Certified Diabetes Care and Education Specialists (CDCES),* registered pharmacists, and registered dietitians teach your patients the skills you need to take control of diabetes.

For questions contact Provider Services at 866-296-8731.

Covered codes:

G0108 (Diabetes mgmt. training – individual)

G0109 (Diabetes mgmt. training – per individual in a group setting)

*Association of Diabetes Care & Education Specialists (ADCES)

BuckeyeHealthPlan.com/providers.html

This is a covered benefit through Medicaid.

