




APhA Foundation
Patient Self-Management
ProgramSM for *Diabetes*

Employee Orientation



Diabetes Program Eligibility-The patient self-management program is for employees and other beneficiaries of the health plan who are on any of the types of treatment protocol used to treat diabetes:

- Insulin
- Oral diabetes drugs
- Diet management




The Patient Self-Management ProgramSM for *Diabetes*

- Collaborative community effort to improve health outcomes and reduce costs.
- Employees with diabetes are matched with a local pharmacist who serves as a coach and provides care management and education.
- A specially trained pharmacist communicates with physician and other healthcare providers about patients health state.
- Communication fosters a collaborative effort to better manage the patient's diabetes
- Incentives for employee participation




What are the expected outcomes of this program?

- Better health (less hospitalizations and ER visits, less sick days)
- Reduced risk of serious disease events (prevent heart attack, stroke, kidney disease, blindness and amputations)
- More knowledge about self-care (learn how to perform foot exams, improve diet, exercise, and use medications)
- Reduced employee's cost for medication
- Reduced costs to employer for health care




How will this program save me money? *Your employer will pay your medication co-pays:*

- No co-pays for selected diabetes medicines
- No co-pays for selected diabetes-related supplies



What will occur on my visits to the specially trained pharmacist?

- Your medication regimen will be reviewed
- Proper diet, exercise, nutrition and stress management goals will be discussed
- Proper use of a blood glucose monitor if required will be learned
- The pharmacist will work with you to ensure that you are getting certain laboratory tests, vaccines or other preventive care on a regularly scheduled basis
- You will work with the pharmacist to set goals for you on each visit



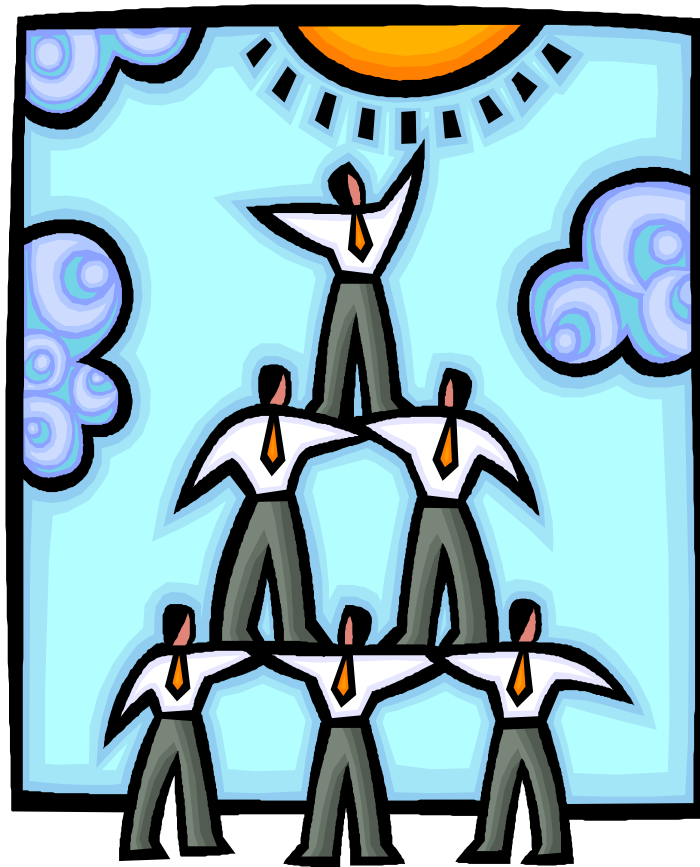
How often will I have a care visit with my pharmacist?

- Your pharmacist will have an initial meeting with you that will be about an hour long, then schedule visits as frequently as every month, but no less than once every three months.

Patient Self-Management Credential for Diabetes

- Knowledge
- Skills
- Performance

Beginner
↓
Proficient
↓
Advanced





Goals: Preventing Complications from Diabetes

- Find out if you have diabetes
- Control blood sugar
- Control blood pressure
- Control of blood lipids (“good” and “bad” cholesterols)
- Care of feet, eyes and kidneys

Blood Pressure and Cholesterol Goals are important-High blood pressure and cholesterol will:

- Increases risk of heart attack and stroke
- No warning signs or symptoms
- Your goal depends on your risk factors
- 60% of people at risk are not at goal
- Can be controlled with diet, exercise and medications





Cardiovascular Health

- Lifestyle changes (such as diet, exercise, stress)
- Best use of medicines to manage high blood pressure and high cholesterol
- Empowering the patient in their own care

How does this work with my physician?

- Does not replace your physician's care – in *addition to your physician's care*
- The pharmacist will provide reports to your physician and communicate with him/her about any suggestions they might have about your care.





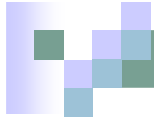
How do I enroll in the program?

- Complete sign-up form
- Sign consent form
- Sign patient agreement
- Select a pharmacist provider
- Complete diabetes care survey



What happens once I sign up?

- Your pharmacist will contact you within one week to schedule an appointment within 3 weeks.
- Once you enroll, the co-pays for your heart medications will be waived.
- You will be eligible to participate in the program until your employer wishes to discontinue the offering, or if you fail to meet the agreement requirements.



QUESTIONS ?

