



Diabetes self-management training Program (HHS)

Diabetes self-management training helps you learn how to successfully manage your diabetes.

- Your doctor must prescribe this training for Medicare to cover it.

You can get diabetes self-management training if you meet one of these conditions during the last 12 months:

- You were diagnosed with diabetes.
- You have diabetes and have recently become eligible for Medicare.

Your doctor may consider you at increased risk if any of these apply to you

- You have a lack of feeling (**Peripheral Neuropathy**) in your feet or some other foot problems, like ulcers, deformities, or have had an amputation.

Medicare-Covered Diabetes Services Diabetes self-management training

- Your doctor will usually give you information about where to get diabetes self-management training.
- You must get this training from a certified diabetes self-management education program as part of a plan of care prepared by your doctor or qualified non-doctor practitioner. These programs are certified by the [*American Diabetes Association or the Indian Health Service*](#)

How much training is covered?

- Classes are taught by health care providers who have special training in diabetes education.
- You're covered to get a total of 10 hours of initial training within a continuous 12 month period and 2 hours of follow-up training each year after that.
- One of the hours can be given on a one-on-one basis. The other 9 hours of training are given in a group class.

The initial training must be completed no more than 12 months from the time you start the training Important:

- Your doctor may prescribe 10 hours of individual training if you're blind or deaf, have language limitations, or if no group classes have been available within 2 months of your doctor's order.

- To be eligible for 2 more hours of follow-up training each year after the year you received initial training, you must get another written order from your doctor.
- The 2 hours of follow-up training can be with a group, or you may have one-on-one sessions.
- Remember, your doctor must prescribe this follow-up training each year for Medicare to cover it.

Note:

If you live in a rural area, you may be able to get diabetes self-management training in a Federally Qualified Health Center (FQHC). FQHCs are special health centers, usually located in rural areas. They can give routine health care at a lower cost. Some types of FQHCs are Community Health Centers, Tribal FQHC. Clinics, Certified Rural Health Clinics, Migrant Health Centers, and Health Care for the Homeless Programs. For more information about FQHCs, visit [cms.gov/center/fqhc.asp](https://www.cms.gov/center/fqhc.asp), or call 1-800-MEDICARE (1-800-633-4227) TTY users should call 1-877-486-2048

Medicare-Covered Diabetes Services

What will I learn in this training?

1. You'll learn how to successfully manage your diabetes. This includes information on self-care and lifestyle changes.

The first session is an individual assessment to help the instructors better understand your needs

Classroom training will cover topics like these:

1. How to prevent, recognize, and treat acute and chronic complications from your diabetes.
2. **Foot, skin, and dental care.**
3. Family involvement and support.

Tips to help control diabetes

Check these things

1. Check your blood sugar (glucose) as often as your doctor tells you.
2. **Check your feet for cuts, blisters, sores, swelling, redness, or sore toenails.**
It's very important to keep your feet healthy to prevent serious foot problems.
3. Frequently check your blood pressure.
4. Have your doctor check your cholesterol.
5. If you smoke, you should talk with your doctor about how you can quit.
Medicare will cover smoking cessation (counseling to stop smoking) if ordered by your doctor.

Reference:

<http://www.medicare.gov/publications/pubs/pdf/11022.pdf>