



## Network Notification

**Notice Date:** May 15, 2020  
**To:** Ohio MyCare Providers  
**From:** CareSource  
**Subject:** Diabetes Self-Management Training

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### Summary

As part of CareSource's commitment to continuous improvement, we are focused on ensuring quality care for all of our members through active provider engagement.

Diabetes self-management training (DSMT) and diabetic nutritional management training (DNMT) are benefits for Medicare Part B beneficiaries and Medicare Advantage members who are diagnosed with diabetes. We are sharing a recent [position statement](#) about diabetic self-management education services (DSMES). The position was written jointly by the American Association of Diabetes Educators, American Diabetes Association and the Academy of Nutrition and Dietetics – national organizations that support diabetes awareness, management and self-management education.

The position statement discussed several evidence-based findings such as:

- Ongoing patient self-management education and support are critical to preventing acute complications and reducing the risk of long-term complications.
- Critical times when DSMES should be provided for Type 2 diabetes, what is included at each of the time points for quality diabetes care and how best to provide DSMES in a patient-centered manner.
- Engaging adults with Type 2 diabetes in DSMES results in statistically significant and clinically meaningful improvement in A1c.
- Healthcare communities responsible for delivering quality care need to mobilize efforts to address the barriers and explore resources for DSMES in order to meet the needs of adults living with and managing diabetes.

### Impact

This is a benefit that many diabetic members are not utilizing. CareSource is asking primary care providers to share this benefit with eligible patients and refer them to a provider that offers these services. We strongly encourage providers to review the position statement and accompanying algorithms and incorporate these recommendations when developing plans for people with diabetes. DSMES administered by trained professionals, combining group and individual counseling, has been shown statistically to improve outcomes.

Members who receive this benefit learn to manage their condition, which improves health outcomes and lowers the risk of complications for the patient. To receive this service, the member must have a written order from the physician. To make a referral to the program, please submit the written order form that can be found at: [DiabetesEducator.org](http://DiabetesEducator.org).

For your convenience, CareSource has provided a list of in-network diabetes self-management training providers [here](#).

### Importance

CareSource appreciates your collaboration and partnership to ensure patients with diabetes are accessing the support, tools and care to effectively manage their condition.

**Questions?**

For more information on DSMT, please visit the [Centers for Disease Control and Prevention \(CDC\)](#) site.

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