

AN IMPORTANT MESSAGE FOR ALL PATIENTS WITH DIABETES



Centre for Diabetes
And
Endocrinology
(Pty) Ltd

Diabetes Management Programme

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Many Medical Aids have, in conjunction with the Centre for Diabetes and Endocrinology (Pty) Ltd developed a comprehensive package for all patients with Diabetes. With NO EXTRA CHARGE OVER AND ABOVE YOUR USUAL MONTHLY MEDICAL AID CONTRIBUTION, you will be able to receive the following comprehensive management package:

- Your consultations supervised by a Doctor with specialised training in diabetes management.
- Full diabetes education.
- Dietician consultation.
- Podiatrist consultation.
- All necessary laboratory investigations for diabetes monitoring and management.
- Annual screening visit with an ophthalmologist.
- ALL diabetes medication, including insulin, tablets for diabetes, needles, syringes, testing strips and the supply of blood glucose meters.
- Hospitalisation for acute diabetes emergencies (hypoglycaemic coma or ketoacidosis) if needed.

Just imagine no levies, no claims, no top-up costs for Doctors' bills and no tedious forms to fill in every few months!

These contracted medical aids are able to offer you this package because it is now known that good diabetes control reduces the short and long-term costs of diabetes management, the incidence of the complications of diabetes (blindness, kidney failure, heart attacks, etc) and hospitalisation. In order to achieve good control of diabetes, patient education is vital. Until now, many Medical Aids have not paid for diabetes education and patients have had difficulty in finding and paying for appropriate education courses. This is all taken care of by this arrangement.

WHAT IS THE CENTRE FOR DIABETES AND ENDOCRINOLOGY (CDE)?

The Centre for Diabetes and Endocrinology was established as an example of excellence in diabetes care. This holistic, multi-specialist Centre in Houghton, Johannesburg provides a unified team approach to the management of diabetes. The staff includes Diabetes Specialists, Diabetes Educators, a Dietician, Podiatrists, a Clinical Psychologist, and Exercise Specialists. This Centre provides the most comprehensive and complete approach to the care of the patient with diabetes, found anywhere in the world and trains healthcare professionals in the principles and practice of good diabetes care.

The Centre also acts as the Central Office for a Preferred Provider Network of affiliated "Centres for Diabetes" with nationwide coverage. This Provider Network was established in 1994 with 14 founding Centres and has grown steadily to reach over 260 Centres. These Accredited Centres are contracted to provide all the benefits of the Diabetes Management Programme (DMP).

HOW DO I JOIN THIS PROGRAMME?

If you have diabetes and belong to a Medical Aid, contact them to enquire whether they have contracted the services of the Diabetes Management Programme. If they have, find out whether or not the option you are on is included. If they are contracted, joining can be done in one of three ways:

1. If you are already a patient at a "Centre for Diabetes", contact the Centre to be signed on to the Programme.
2. Ask your family practitioner to refer you to the closest "Centre for Diabetes" where you will be registered with the Programme.

3. If you wish to remain with the Doctor who is currently treating your diabetes, ask him / her to contact the CDE Central Office in Houghton, Johannesburg. We will then provide information on how to train and accredit as a "Preferred Provider" in the "Centre for Diabetes" network.

If your Medical Aid has not yet contracted the Diabetes Management Programme, contact them and ask why.

WHAT ARE THE PROGRAMME BENEFITS AND WHAT IS REQUIRED OF ME?

If you have diabetes, it is essential that you be given the optimum medical care and education. Therefore, if you join the Diabetes Management Programme, you will be expected to present yourself for the following:

1. A minimum of two full examinations by the Doctor each year. Further consultations will be provided according to clinical need.
2. A full course in diabetes education, which involves at least 2 x 1 hour individual sessions with a Diabetes Educator. An 8-hour education course is available. You will then be required to attend a further 1-hour with the Diabetes Educator every 6 months. Further sessions with the Diabetes Educator are available should this be deemed necessary by yourself or by the staff at the Centre.
3. An initial consultation with a Registered Dietician followed by an annual follow-up consultation to discuss any new advances in the dietary management of diabetes. Additional visits to the Dietician can be provided according to clinical need.
4. Laboratory tests to assess and monitor diabetes control, kidney function, and serum cholesterol will be performed according to contractual obligations that

follow internationally accepted clinical guidelines.

5. A visit to the Podiatrist for foot advice and foot screening once a year.
6. An annual screening consultation with an ophthalmologist.

Additional Benefits

1. A 24-hour telephone "Hot-line", staffed by trained personnel, is provided by each Centre to sort out any acute problems or urgent queries that might arise.
2. The cost of all diabetes medication and accessories, actively used by you to manage your diabetes, is covered in full. Quantities are supplied as deemed clinically necessary by your doctor.

Discretionary Benefits

Where deemed clinically necessary:

1. A visit to a Clinical Psychologist can be arranged for counselling
2. A consultation with an Exercise Physiologist (Biokineticist) can be arranged where your fitness level will be assessed and an appropriate exercise programme prescribed.

All these services will cost you NOT ONE CENT MORE than your current Medical Aid subscription. However, you have a responsibility to attend for the minimum consultations as set out above and failure to do so may disqualify you from membership of the Programme. This is done in your interests, as it is vital that the Centre looking after your diabetes is given the opportunity to ensure that you are, as educated in your diabetes and as well controlled as possible. Diabetes complications need to be detected and treated early to prevent long-term disasters and rising costs.

The CDE Diabetes Management Programme does not include the management of diabetes complications such as eye problems, kidney failure and vascular disease. These must be claimed for via your Medical Aid in the usual manner. Non-diabetes related medication is not included.

The benefits of the Programme only apply to management of diabetes carried out directly by a "Centre for Diabetes" or Accredited Doctor. Blood tests must be done by a Laboratory appointed by the Centre and hospital admissions must be approved by the Centre.

The above offer may sound too good to be true. There is, however, no hidden "catch" whatsoever.

For further information, or to sign on to this Programme, please contact the Diabetes Management Programme Membership Department at the:

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Houghton Estate, Johannesburg.

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You will be provided with the names of your closest "Centre for Diabetes" Branches.