

Make Sure That You Use All The Benefits!

Your Medical Aid offers you membership of the CDE Diabetes Management Programme. The purpose of the Programme is to provide you with complete care for your diabetes. This will improve your diabetes control and quality of life and reduce the chance of you getting any complications of diabetes.

In order to obtain the full benefit of the Programme, you must ensure that you attend all the necessary consultations and obtain the services that your doctor will provide under this Programme.

Please ensure that:

- You see your **CDE doctor** at least twice a year. Treatment for your diabetes by any other doctor will not be covered by the CDE or by your Medical Aid
- You collect your diabetes medication **only** from your CDE doctor or Centre. Medications collected elsewhere will be for your personal account and will not be covered by the CDE or by your Medical Aid
- You see your diabetes educator at least twice a year to update you on what is new in your management and to help you control your blood glucose.
- You see a podiatrist annually for foot care assessment.
- You see the dietician at least once a year to review your eating habits.
- You have your eyes screened for diabetic eye disease once a year.
- Your blood is tested at least twice a year to assess long term diabetes control (HbA_{1c}), and that your cholesterol and kidney function are tested annually.

All the above services are supplied by your CDE doctor as part of the Diabetes Programme and are prepaid by your Medical Aid (These payments are **NOT** deducted from your medical savings account or chronic benefits).

If you have not received these minimum services, please remind your doctor.

Most Important

Make sure that you have the 24-hour emergency ("Hotline") number of your Centre on you at all times, and that your family also have this number. For your Centre the number is:

Insert Your CDE Centre Hotline Number Here

If you are admitted to hospital for **any** reason **please contact your CDE doctor. Your CDE doctor is responsible for the cost of any hospital admission directly related to your diabetes** and **must authorise the admission.**

Please carry your CDE Membership Card on you together with your Medical Aid card, **AT ALL TIMES** and hand it to any doctor you see or to any hospital to which you are to be admitted.

In case of an emergency where you are unable to ensure the above (such as a coma), it is **your responsibility to ensure that the admitting doctor or a family member contact your CDE doctor within 24 hours.**