



## MANAGING YOUR DIABETES AN OUTPATIENT EDUCATIONAL PROGRAM

Learn to successfully manage your diabetes to maintain optimum health. Join Doctors Medical Center Modesto for a four-session program that will help you understand diabetes and how to take care of yourself.

Classes are held every Thursday morning, from 9:30AM to 11:30AM at the DMC Conference Center. Topics include:

WEEK 1: **Diabetes – The Disease Process**

WEEK 2: **Blood Glucose Monitoring & Nutritional Management**

WEEK 3: **Your Medications, Exercise Considerations and Sick Day Management**

WEEK 4: **Complications of Diabetes**

Each week, a certified Diabetes Educator will also be available to answer questions regarding glucose monitoring and medication.

In order for Medicare/ Insurance Companies to cover the Diabetes Education classes, you will need a written referral from your doctor. Most insurance companies cover 10 hours of training, with an allowance for two additional hours each ensuing year.

Call **1-866-967-7463** for more information or register online at **[dmc-modesto.com](http://dmc-modesto.com)**

**DOCTORS**  
MEDICAL CENTER

1441 Florida Avenue Modesto, CA 95350

PATIENT LABEL

## DOCTORS MEDICAL CENTER

### Patient Referral for Outpatient Diabetes Education

Call **(866) 908-3638** to register for diabetes education classes.

Please FAX completed form to: **(209) 576-3644 Attn: Diabetes Center**

Patient Name \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone Number \_\_\_\_\_ Work Phone Number \_\_\_\_\_

Language: ☐ English ☐ Spanish ☐ Other \_\_\_\_\_

**Patient's Insurance** \_\_\_\_\_

**If HMO, name of IPA or HMO Medical Group** \_\_\_\_\_

**ICD-code** \_\_\_\_\_ (Please see the back of this form for a list of codes.)

- ☐ **Type 1**
- ☐ **Type 2**
- ☐ **Pre-diabetes (metabolic syndrome, hypoglycemia)**
- ☐ **Other (Specify)**

**Clinical Hx / findings:** \_\_\_\_\_

**Most recent A1C result:** \_\_\_\_\_

The comprehensive outpatient diabetes education program is based on ADA-Standards. The following content is covered in four 2-hour classes. Additionally one 2-hour annually after completion of initial series.

- ☐ **Please educate patient about all** or check area of need for patient:
  - ☐ Week 1 Diabetes – The Disease Process
  - ☐ Week 2 Blood Glucose Monitoring & Nutritional Management
  - ☐ Week 3 Your Medications, Exercise Considerations and Sick Day Management
  - ☐ Week 4 Complications of Diabetes

☐ **Annual follow up**

\_\_\_\_\_  
Physician Signature

\_\_\_\_\_  
Date

**Physician Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

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## ICD-9 Codes

### ***Non-Pregnant* Outpatient Diabetes Education Codes**

#### Code Description

250.00 Diabetes Mellitus Without Complications, type 2 or unspecified type, not uncontrolled  
250.01 Diab Mell WO Comp, type 1, not uncontrolled  
250.02 Diab Mell WO Comp, type 2 or unspec type, uncontrolled  
250.03 Diab Mell WO comp, type 1, uncontrolled  
251.2 Hypoglycemia, hyperinsulinemia  
277.7 Dysmetabolic syndrome X, unspec  
790.21 Impaired fasting glucose  
790.22 Impaired glucose tolerance test (oral)  
790.29 Other abnormal glucose (Adnormal glucose NOS, Abnormal non-fasting glucose, Pre-diabetes NOS)

### ***Pregnant* Outpatient Diabetes Education Codes**

646.13 Edema, excessive weight gain during pregnancy WO mention of hypertension  
646.83 Under weight, complication of pregnancy  
648.83 Abnormal glucose tolerance in mother complicating pregnancy, **antepartum**  
648.83 + 251.5 Abnormal glucose toler, antepartum, hypoglycemia  
648.84 Abnormal glucose tolerance in mother, **post partum**  
648.93 Pregnancy with complications

## Additional Codes

#### Code Description

250.40 Diab W **Renal Manifestations**, type 2 or unspec type, not uncontrolled  
250.41 Diab W Renal Manifest, type 1, not uncontrolled  
250.42 Diab W Renal Manifest, type 2 or unspec type, uncontrolled  
250.43 Diab W Renal Manifest, type 1, uncontrolled  
250.50 Diab W **Ophthal mic Manifestations**, type 2 or unspec type, not uncontrolled  
250.51 Diab W Ophthal Manifest, type 1, not uncontrolled  
250.52 Diab W Ophthal Manifest, type 2 or unspec type, uncontrolled  
250.53 Diab W Ophthal Manifest, type 1, uncontrolled  
250.60 Diab W **Neurological Manifestations**, type 2 or unspec, not uncontrolled  
250.61 Diab W Neuro Manifest, type 1, not uncontrolled  
250.62 Diab W Neuro Manifest, type 2 or unspec, uncontrolled  
250.63 Diab W Neuro Manifest, type 1, uncontrolled  
250.70 Diab W **Peripheral Circulatory Disorders**, type 2 or unspec type, not uncontrolled  
250.71 Diab W Periph Circ Dis, type 1, not uncontrolled  
250.72 Diab W Periph Circ Dis, type 2 or unspec type, uncontrolled  
250.73 Diab W Periph Circ Dis, type 1, uncontrolled  
250.80 Diab W Other Spec Manifest, type 2 or unspec type, not uncontrolled  
251.8 Steroid induced diabetes