

New DSMES Website

- DiabetesManagementNC.com
- Targeting referring providers and potential sites
- DSMES program map for NC
- Diabetes**Smart**

DiabetesManagementNC.com


DIABETESMANAGEMENT NC

[Learn about DSMES](#)

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1 OUT OF **10** adults is diagnosed with diabetes.



Only **5** OUT OF **10** adults with diabetes have taken a class to learn how to self-manage their diabetes.

DiabetesManagementNC connects North Carolinians diagnosed with type 2 diabetes to **Diabetes Self-Management Education and Support (DSMES)** services.



LEARN ABOUT
DSMES



FIND A
CLASS



OFFER
DSMES
SERVICES

DiabetesManagementNC.com







Learn About DSMES

Many people with type 2 diabetes can control their blood sugar with the help of a **Diabetes Self-Management Education and Support (DSMES)** class.



To find a DSMES class near you, click here.

DSMES focuses on self-care behaviors such as healthy eating, being active and monitoring blood sugar and is a key step in improving health outcomes and quality of life for people with diabetes. Classes are taught in individual and group settings.

DSMES is designed to help you manage your diabetes		To help you reach your self-management goals, you'll learn about:	
 Improve your hemoglobin A1c	 Improve your blood pressure	Blood Sugar Numbers <ul style="list-style-type: none">How to check your blood sugarWhat your blood sugar numbers meanWhat you can do if your blood sugar is too high or too low	
 Higher adherence to medications	 Improve your cholesterol	Food <ul style="list-style-type: none">How the foods you eat affect your blood sugarHow to eat healthy without giving up all the foods you love	
 Healthier lifestyle behaviors, such as better nutrition and increased physical activity	 Fewer or less severe diabetes-related complications	Physical Activity <ul style="list-style-type: none">How physical activity will help you manage your diabetesHow to increase your physical activity and set realistic goals	
		Medicines <ul style="list-style-type: none">How your medicines workWhen to take your medicinesWhat the side effects of your medicines are and when to be concernedHow to balance your physical activity, meals and snacks with your medicines to keep your blood sugar from being too high or too low	
		Dealing with Stress <ul style="list-style-type: none">How to plan for possible changes to your healthHow to deal with difficult timesHow to find the specialist you need to prevent further damage of diabetes	

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Find a Class

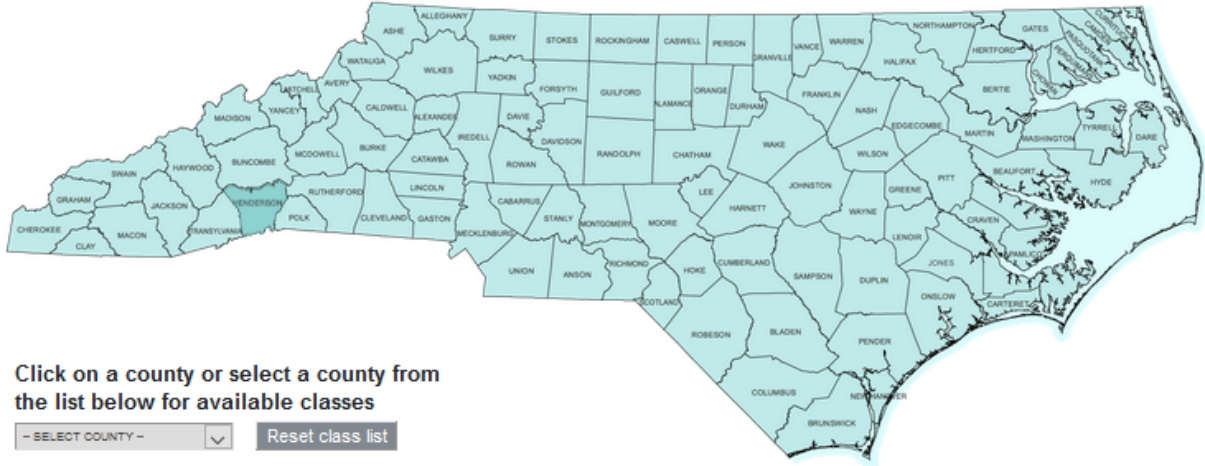


A map of North Carolina divided into its 100 counties. The map is light blue with black outlines for each county. The counties are labeled with their names. Below the map is a dropdown menu with the text "-- SELECT COUNTY --" and a downward arrow.

Click on a county or select a county from the list below for available classes

-- SELECT COUNTY --

DiabetesManagementNC.com



Please contact the program for class information.

DSMES sites in HENDERSON County

Perspectives Adult Outpatient Diabetes Self-Management Education Program
617 Sixth Avenue West
Hendersonville, North Carolina 28739
Contact: Ryanne Green
Phone: 828-698-4598

Blue Ridge Health - Chimney Rock
2579 Chimney Rock Rd
Hendersonville, North Carolina 28793
Contact: Carrie Elmore
Phone: 828-692-4289
Email: celmore@brchs.com/ cpittman@brchs.com

Julie Cunningham Nutrition, LLC
510 Balsam Road c/o WNC Family Medical Center
Hendersonville, North Carolina 28792
Phone: 828-243-7881
Telehealth Services Available



DiabetesSmartNC

DiabetesSmartNC is an umbrella program supported by the NC Division of Public Health to increase access to quality Diabetes Self-Management Education and Support services for adults with diabetes in North Carolina. DiabetsSmartNC serves as the sponsoring agency, managing all recognition requirements with the American Diabetes Association, allowing the sites to focus on patient education. To learn more about DiabetesSmartNC, [click here](#).

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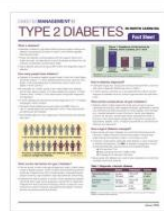
For Health Professionals



You can make a difference!

As a health care provider, the treatment plan you and your patients with diabetes create can have a lasting impact. Diabetes Self-Management Education and Support (DSMES) is a cost-effective tool proven to help improve health behaviors and health outcomes for people with diabetes.

Resources



Type 2 Diabetes Fact Sheet
North Carolina type 2 diabetes statistics as well as information about prevention, diagnosis, and management.

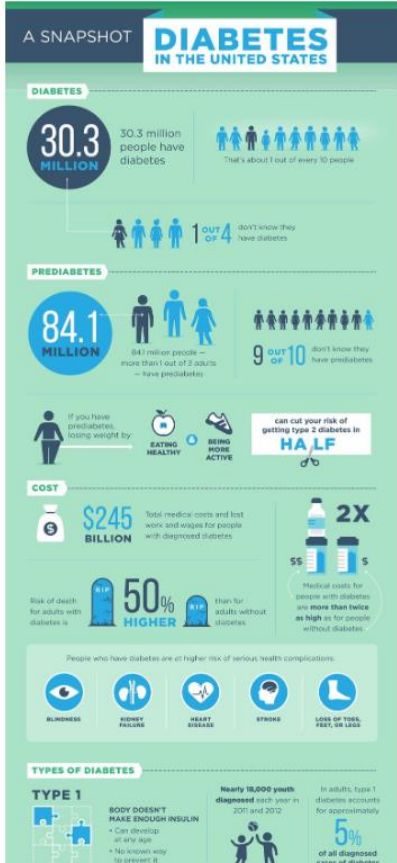


NC's Guide to Diabetes Prevention and Management
This guide includes information about diabetes, its effects on the NC population, and suggestion on how individuals can prevent an manage the disease.



A comprehensive resource for achieving success in diabetes self-

CLICK TO ENLARGE GRAPHIC



DiabetesManagementNC.com



Join the DiabetesSmart family to provide high-quality diabetes education and make a difference in the lives of people living with diabetes.



Diabetes Smart Pharmacists



Diabetes Smart Registered Dietitians





Diabetes Smart Health Departments


By joining the DiabetesSmart family, you will receive:

- Support of a statewide umbrella program
- Technical assistance and support for billing, marketing, curriculum, program development and quality improvement
- Assistance with obtaining and maintaining ADA recognition
- Monthly communication and training
- Access to the DiabetesSmart Portal

Don't do it alone. Get the support of a statewide program to simplify the process, alleviate some of the administrative burden, and be able to market your organization as an American Diabetes Association (ADA) recognized provider of Diabetes Self-Management Education and Support (DSMES) services.


DSMES is the gold standard in diabetes education


The only diabetes education reimbursable by Medicare, Medicaid, and private insurances


Proven to improve hemoglobin A1c, control blood pressure and lipids, increase rates of medication adherence, reduce complications, and increase healthier lifestyle behavior

Join the DiabetesSmart family

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The screenshot displays the DiabetesSmartNC.com website interface. On the left is a teal sidebar with the logo 'DiabetesSmartNC' and a back arrow. Below the logo, the user's name 'Corissa Allison' and role 'NCPH' are shown. The sidebar contains two menu items: 'Home' with a house icon and 'Continuing Education' with a graduation cap icon. At the bottom of the sidebar are a gear icon for settings and a power icon for logout.

The main content area features a search bar at the top right with the placeholder text 'Search for...' and a blue 'Go!' button. Below the search bar are three columns of content:

- ADA/Audit Binder** (with expand/collapse and close icons):
 - Audit Binder Checklist For Sites**: Utilize this checklist to ensure your site is audit ready.
 - Complete Chart Tracker**
 - Diabetes Self-Management Support Plan Template**
 - DiabetesSmart Policy Manual 2020-2021**
 - March 2020 Advisory Committee Meeting Highlights**: Summary and highlights of the DiabetesSmart Advisory Committee Meeting on March 20, 2020.
 - March 2020 Advisory Committee Meeting PowerPoint**: PowerPoint of the DiabetesSmart Advisory Committee Meeting held on March 23, 2020.
- Billing** (with expand/collapse and close icons):
 - Billing Assistance Request Link**: Submit your request for assistance to our Billing Specialist, Yvonne Moncovich, here.
 - DSMT-MNT Referral Form**
 - Palmetto MAC Physician Fee Schedule**: Link to Medicare Physician Fee Schedule tool to determine fees for specific procedure codes.
 - Sample Referral Form 1**
 - Sample Referral Form 2**
 - Sample Referral Form 3**
- Chronicle** (with expand/collapse and close icons):
 - Chart Audit Form**: Utilize this audit form to review your DSMES charts.
 - Chronicle**
 - Chronicle Reports**: Explore the various types of reports available to you via Chronicle
 - Documenting A Patient Chart**: Step by step guidance on how to document all pieces of a patient chart in Chronicle
 - Webinar - ADA Chronicle**
 - Webinar - DiabetesSmart And Chronicle**

DiabetesSmart Updates

DiabetesSmartNC

- Added 13 new sites
 - Including 2 Registered Dietitian practices
 - Several expansion sites
- Added 3 new pharmacy sites

Contact

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DSMES Quality Coordinator

NC Division of Public Health

Community and Clinical Connections for Prevention and Health Branch

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