

**What is
DSMT?**

**Who should be
referred for DSMT?**

**What is a Certified
Diabetes
Educator?**

**Who reimburses
for DSMT?**



**THE HEALTH CARE PROVIDERS' GUIDE TO
DIABETES SELF-MANAGEMENT TRAINING
(DSMT) PROGRAMS IN MICHIGAN**

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WHAT IS DIABETES SELF-MANAGEMENT TRAINING (DSMT)?

Definition¹

An interactive, collaborative, ongoing process involving individuals and groups of individuals who have diabetes, or who are at risk of developing the disease, and diabetes educators that includes:

- Assessment of needs
- Identification of specific diabetes preventive or self-management goals
- Education and behavioral intervention directed toward helping to achieve identified self-management/prevention goals
- Evaluation of attainment of identified self-management/prevention goals

Standards for DSMT include assessing the need for, and delivering as appropriate, ten content areas²

- Describing the diabetes disease process and treatment options
- Incorporating appropriate nutritional management
- Incorporating physical activity into lifestyle
- Utilizing medications (if applicable) for therapeutic effectiveness
- Monitoring blood glucose and urine ketones (when appropriate) and using the results to improve control
- Preventing, detecting, and treating acute complications
- Preventing (through risk reduction behavior), detecting, and treating chronic complications
- Goal setting to promote health and problem solving for daily living
- Integrating psychosocial adjustment to daily life
- Promoting preconception care, management during pregnancy, and gestational management

DSMT Programs

- Are structured entities that provide DSMT in a variety of settings throughout the state
- May be eligible for third party reimbursement (see pages 5 & 6)
- Offer training in group and/or one-to-one sessions
- Frequently sponsor support groups and community programs to help meet training needs of participants in a culturally relevant manner and to address continuing education needs

Self-management training is a critical part of the medical plan for people with diabetes or who are at risk for development of the disease. Medical treatment of diabetes without systematic self-management training cannot be regarded as acceptable care.³

WHAT ARE THE BENEFITS OF DSMT?

Diabetes self-management training

- Increases knowledge
- Effects positive behavior changes

Knowledge and behavior change

- Decreases HbA_{1c}*
- Prevents diabetes or its complications

*HbA_{1c} (Hemoglobin A1c, glycosylated hemoglobin) is a blood test that measures glycosylated proteins, primarily hemoglobin and serum proteins, that is directly proportional to the ambient glucose concentration and reflects the previous 2-3 months of glycemic control. HbA_{1c} is an important predictor of many of the chronic complications of diabetes.

Scientific Evidence

- Norris, Susan L. et al. reviewed 72 randomized controlled trials of diabetes self-management training (DSMT) in type 2 diabetes and concluded that there were positive effects of self-management training on knowledge, frequency and accuracy of self-monitoring of blood glucose, self-reported dietary habits and glycemic control in studies with follow-up time frames of six months or less⁴.
- Another meta-analysis by Norris et al. concluded that DSMT is effective in decreasing HbA_{1c} in the short term and states "... effective diabetes education is an integral part of comprehensive diabetes care"⁵.
- Individualized data analysis from the regional **Michigan Diabetes Outreach Networks** showed a positive downward trend in the levels of glycosylated hemoglobin⁶.
 - Between 1995-97 there was a decrease in the glycosylated hemoglobin values of 0.69 percent (N=9,617 intakes and 4,749 follow-ups).
 - Between 1999-01 values decreased 1.15 percent (N=10,982 intakes and 3,158 follow-ups).
 - **Michigan Certified Diabetes Self-Management Training Programs** contributed 65% of this data.
- The ten-year United Kingdom Prospective Diabetes Study (UKPDS) confirmed that intensive blood glucose control in patients with type 2 diabetes reduced the incidence of diabetic complications, especially microvascular disease⁷.
 - According to the United Kingdom Prospective Diabetes Study (UKPDS), for every percentage point decrease in glycosylated hemoglobin, (e.g. 9 to 8 percent), there was a 35 percent reduction in the risk of microvascular complications⁸.
- A study published in The Journal of the American Medical Association indicated that a sustained reduction in HbA_{1c} among adult persons with diabetes was associated with a cost reduction of \$685 to \$950 less per person per year within one to two years of improvement⁹.
- The Diabetes Prevention Program (DPP) found that lifestyle change that effects modest weight loss and increased physical activity, can return the blood glucose levels of persons with "pre-diabetes" (persons at risk for developing diabetes – see page 4) to normal range¹⁰.

Diabetes Self-Management Training Is Cost-Effective

WHO PROVIDES DSMT?

“No diabetes management tool - - no new oral agent, insulin or medical device - - is as important as the services of a Certified Diabetes Educator. This relatively new health care profession has added immeasurably to the provision of good diabetes care.”

Christopher Saudek, MD, past president of the American Diabetes Association and professor of medicine at Johns Hopkins University

- A Certified Diabetes Educator (CDE) receives periodic certification from the National Certification Board for Diabetes Educators and is recognized as the most qualified health care professional to provide DSMT.
 - Certification as a diabetes educator indicates that the health care provider possesses distinct, specialized and current knowledge and experience in the field of diabetes.
 - Qualifications
 - Licensure or registration as a health care professional or minimum of a master’s degree in various, specified healthcare fields
 - Minimum of two years of professional practice experience in diabetes self-management training in a health care setting
 - Minimum of 1,000 hours of diabetes self-management training experience within the past five years
 - Current employment in a primary role as a diabetes educator at a minimum of four hours per week
 - Successful completion of certification examination.
 - For additional information, including a listing of CDEs in Michigan, see page 17 - Michigan Organization of Diabetes Educators (MODE) and National Certification Board for Diabetes Educators.

WHO SHOULD BE REFERRED FOR DSMT?

- People newly diagnosed with diabetes
 - Diagnostic criteria¹¹
 - Symptoms of diabetes (polyuria, polydipsia, and unexplained weight loss) plus casual plasma glucose concentration (any time of day without regard to time since last meal) ≥ 200 mg/dl. Confirm these criteria by repeat testing on a different day
 - Fasting plasma glucose (no caloric intake for at least eight hours) ≥ 126 mg/d on two different occasions
 - Two hour plasma glucose ≥ 200 mg/dl during an oral glucose tolerance test (glucose load containing the equivalent of 75 g anhydrous glucose dissolved in water) on two different occasions
- People with diabetes who have never received comprehensive diabetes self-management training.
- People with diabetes who have had a change in medical protocol or treatment modalities or a significant change in symptoms or condition.
- DSMT should be considered for people at risk for developing diabetes*
 - The results of the Diabetes Prevention (DPP) clinical trial showed that diet and exercise could effectively delay diabetes in a diverse American population of overweight people with impaired glucose tolerance¹².
 - Pre-diabetes and insulin resistance syndrome (syndrome X or metabolic syndrome) identifies people at risk for developing diabetes¹³.
 - Pre-diabetes is defined as:
 - **impaired glucose tolerance (IGT)**
 - fasting plasma glucose < 140 mg/dl and a two hour oral glucose tolerance test value between 140 and 199 mg/dl or
 - **impaired fasting glucose (IFG)**
 - fasting plasma glucose level ≥ 100 mg/dl but < 126 mg/dl).
 - Insulin resistance syndrome also known as syndrome X or the metabolic syndrome is defined as¹⁴:
 - people who have three or more of the following criteria:
 - **Abdominal obesity:**
waist circumference > 102 cm in men and > 88 cm in women
 - **Hypertriglyceridemia:**
 ≥ 150 mg/dl (1.69 mmol/L).
 - **Low high-density lipoprotein (HDL) cholesterol:**
 < 40 mg/dL (1.04 mmol/L) in men and < 50 mg/dL (1.29 mmol/L) in women.
 - **High blood pressure:**
 $\geq 130/85$ mm Hg.
 - **High fasting glucose:**
 ≥ 100 mg/dL

*Medicare does not currently reimburse DSMT programs for DSMT for persons with “pre-diabetes” or who are “at risk”

WHAT ARE INDICATORS OF QUALITY DSMT PROGRAMS?

Accreditation of DSMT Programs

- Michigan Department of Community Health Certification
- American Diabetes Association (ADA) Education Recognition Program
- Indian Health Service (INS)

Program Standards (adopted by both MDCH Certification and ADA Recognition)

- 2000 National Standards for Diabetes Self-Management Education Programs¹⁵
 - Organizational support
 - Resources to meet the needs of the target population
 - An established system to assist with annual program review and planning
 - A qualified program coordinator
 - A multifaceted education instruction team
 - Regular continuing education obtained by instructors.
 - Written curriculum that includes specified content areas.
 - Education based on an individualized assessment
 - Documentation of the education process in permanent, confidential education record
 - Utilization of a CQI Process to evaluate program effectiveness

WHO REIMBURSES FOR DSMT?

State-regulated health insurance

- Michigan's "Diabetes Cost Reduction Act" (DCRA), enacted March 28, 2001
 - State-regulated insurance companies were mandated to provide a program to prevent the onset of diabetes and to reimburse for diabetes self-management training provided by a diabetes outpatient-training program certified to receive Medicaid or Medicare reimbursement.
 - The Michigan Office of Financial and Insurance Services (OFIS) is responsible for implementation of this act.
 - Self-funded insurance plans are exempt from the DCRA and may or may not provide reimbursement for diabetes self-management training.

Medicaid

- State DSMT Program Certification and medical provider authorization are required for Medicaid reimbursement of DSMT.

Medicare

- The Outpatient Diabetes Self-Management Training Act implemented February 27, 2001 expanded coverage of outpatient diabetes self-management training as authorized by the Balanced Budget Act of 1997.
- The act provides Medicare coverage for a ten-hour initial training and follow-up training of two hours per year.
- Medicare provides reimbursement for services outlined in that act only if education is provided by a DSMT program that is accredited by an agency approved by Medicare.
 - Beneficiary must meet criteria outlined on page 15
- Medicare approved accrediting agencies
 - American Diabetes Association (Education Recognition Program)
 - Indian Health Service (Integrated Diabetes Education and Care Recognition Program)

Accredited Diabetes Self-Management Training Programs (DSMT) in Michigan are in alphabetical order by City

NOTE: Most DSMT's have financial assistance resources available for attendees on an "as needed" basis

Sponsoring Organization: Allegan General Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 555 Linn Street
City, State, Zip: Allegan, MI, 49010
Phone: 269-686-4088
Program ID: 004642

Sponsoring Organization: Gratiot Medical Center
Site/Program Name: Diabetes Self-Management Education Program
Address: 300 E. Warwick Drive
City, State, Zip: Alma, MI, 48801
Phone: 989-466-3227
Program ID: 002435

Sponsoring Organization: Alpena General Hospital
Site/Program Name: The Diabetes Center Outpatient Education Program
Address: 1501 W. Chisholm Street
City, State, Zip: Alpena, MI, 49707
Phone: 989-356-7548
Program ID: 004399

Sponsoring Organization: University of Michigan Health System
Site/Program Name: Gestational Diabetes Self-Management Education Program
Address: 1500 E. Medical Center Drive
City, State, Zip: Ann Arbor, MI, 48109-0264
Phone: 734-998-2478
Program ID: 002863

Sponsoring University of Michigan

Organization: Health System-C.S. Mott Children's Hospital
Site/Program Name: Pediatric Diabetes Self-Management Education Program
Address: 1500 E. Medical Center Drive
D1205MPB
City, State, Zip: Ann Arbor, MI, 48109-0718
Phone: 734-764-5175
Program ID: 002794

Sponsoring Organization: University of Michigan Health System
Site/Program Name: Diabetes Self-Management Education Program
Address: Briarwood Center for Cardiology & Diabetes, 400 E. Eisenhower Parkway, Suite B Building #2

City, State, Zip: Ann Arbor, MI, 48108-0741
Phone: 734-998-2475
Program ID: 002863

Sponsoring Organization: Huron Medical Center
Site/Program Name: Diabetes Self-Management Education Program
Address: 1100 S. Van Dyke
City, State, Zip: Bad Axe, MI, 48413
Phone: 989-269-2882
Program ID: 002205

Sponsoring Organization: Battle Creek Health System
Site/Program Name: Diabetes Center
Address: 363 Fremont Street, Suite 308
City, State, Zip: Battle Creek, MI, 49017
Phone: 269-966-8318

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Program ID: 002411

Sponsoring Organization: Bay Regional Medical Center
Site/Program Name: Outpatient Diabetes Program
Address: 820 South Lincoln, Suite 304
City, State, Zip: Bay City, MI, 48708
Phone: 989-894-8628
Program ID: 002449

Sponsoring Organization: Covenant HealthCare
Site/Program Name: DSMP Bay City
Address: 2919 East Wilder Road
City, State, Zip: Bay City, MI, 48706
Phone: 989-583-5193
Program ID: 002199

Sponsoring Organization: Mecosta County Medical Center
Site/Program Name: Diabetes Self-Management Education Program
Address: 605 Oak Street
City, State, Zip: Big Rapids, MI, 49307
Phone: 231-592-4380
Program ID: 005233

Sponsoring Organization: Mercy Hospital Cadillac
Site/Program Name: Outpatient Diabetes Education Program
Address: 400 Hobart Street
City, State, Zip: Cadillac, MI, 49601
Phone: 231-876-7183
Program ID: 004966

Sponsoring West Central Health

Organization: Federation
Site/Program Name: Carson City Hospital
Address: 406 E. Elm Street
City, State, Zip: Carson City, MI, 48811
Phone: 989-584-3971 X 379
Program ID: 002892

Sponsoring Organization: Hills and Dales General Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 4675 Hill Street
City, State, Zip: Cass City, MI, 48726
Phone: 989-912-6365
Program ID: 005065

Sponsoring Organization: Charlevoix Area Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 14700 Lakeshore Drive
City, State, Zip: Charlevoix, MI, 49720
Phone: 231-547-8571
Program ID: 003374

Sponsoring Organization: Hayes Green Beach Memorial Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 321 East Harris Street
City, State, Zip: Charlotte, MI, 48813
Phone: 517-543-1050 X 1249
Program ID: 003699

Sponsoring Organization: Chelsea Community Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 775 South Main Street

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City, State, Zip: Chelsea, MI, 48118
Phone: 734-475-8571
Program ID: 002254

Sponsoring Organization: MidMichigan Health
Site/Program Name: MidMichigan Medical Center-Clare
Address: 703 N. McEwan Street
City, State, Zip: Clare, MI, 48617
Phone: 989-802-1813
Program ID: 002493

Sponsoring Organization: Detroit Medical Center
Site/Program Name: Huron Valley-Sinai Hospital
Address: 1 William Carls Drive
City, State, Zip: Commerce, MI, 48382
Phone: 248-937-3600
Program ID: 002821

Sponsoring Organization: Harbor Beach Community Hospital
Site/Program Name: Lakeshore Community Deckerville Site
Address: 3559 Pine Street
City, State, Zip: Deckerville, MI, 48427
Phone: 989-479-3201 X 202
Program ID: 005066

Sponsoring Organization: Harper University Hospital
Site/Program Name: Outpatient Diabetes Education Program
Address: 3990 John R, Suite 8805
City, State, Zip: Detroit, MI, 48201
Phone: 313-745-9361
Program ID: 002834

Sponsoring Organization: Detroit Medical Center
Site/Program Name: Sinai-Grace Hospital
Address: 6001 W. Outer Drive, Suite 3
City, State, Zip: Detroit, MI, 48235
Phone: 313-966-3194
Program ID: 002821

Sponsoring Organization: Henry Ford Health System
Site/Program Name: Office of Clinical Quality & Safety
Address: One Ford Place -3A
City, State, Zip: Detroit, MI, 48202
Phone: 313-874-6418
Program ID:

Sponsoring Organization: St. John Health System
Site/Program Name: St. John Hospital and Medical Center
Address: 22151 Moross, Suite 228
City, State, Zip: Detroit, MI, 48236
Phone: 313-343-4183
Program ID: 003648

Sponsoring Organization: University Physician Group
Site/Program Name: Outpatient Diabetes Self-Management Education Program
Address: 4201 St. Antoine, Suite 5A
City, State, Zip: Detroit, MI, 48201
Phone: 313-966-2686
Program ID: 005240

Sponsoring Center for Preventive

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Organization: Medicine
Site/Program Name: Diabetes Treatment Center
Address: 22151 Moross Road, Suite 334
City, State, Zip: Detroit, MI, 48236
Phone: 313-885-2334
Program ID: 003084

Address: 420 West High Street
City, State, Zip: Dowagiac, MI, 49047
Phone: 269-783-3075
Program ID: 002345

Sponsoring Organization: John D. Dingell VA Medical Center
Site/Program Name: Diabetes Education Program
Address: 4646 John R
City, State, Zip: Detroit, MI, 48201
Phone: 313-576-1000 X 64829
Program ID: 003277

Sponsoring Organization: St. John Health System
Site/Program Name: St. John River District Hospital
Address: 4100 South River Road
City, State, Zip: East China, MI, 48054
Phone: 810-329-2012
Program ID: 003648

Sponsoring Organization: Botsford General Hospital
Site/Program Name: Detroit Site - Dr. Poleck
Address: 19335 Grand River
City, State, Zip: Detroit, MI, 48223
Phone: 313-794-8780
Program ID: 002767

Sponsoring Organization: Marquette General Health System
Site/Program Name: Doctors Park Family Physicians
Address: 2500 7th Avenue South
City, State, Zip: Escanaba, MI, 49829
Phone: 906-786-4628
Program ID: 004593

Sponsoring Organization: Detroit Medical Center
Site/Program Name: Children's Hospital of Michigan
Address: 3901 Beaubien
City, State, Zip: Detroit, MI, 48201
Phone: 313-745-5531
Program ID: 002821

Sponsoring Organization: Hurley Medical Center
Site/Program Name: Hurley Diabetes Center
Address: 2700 Robert T. Longway Boulevard, Suite G
City, State, Zip: Flint, MI, 48503
Phone: 810-239-1280
Program ID: 004439

Sponsoring Organization: Borgess-Lee Memorial Hospital
Site/Program Name: Diabetes Self-Management Education Program

Sponsoring Organization: Hurley Medical Center
Site/Program Name: Hurley Diabetes Services Pediatric Diabetes Education Program
Address: 1125 Linden Road, Suite 500

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City, State, Flint, MI, 48532
Zip:
Phone: 810-762-6162
Program ID: 004439

Zip:
Phone: 989-583-5193
Program ID: 002199

Sponsoring Organization: Hurley Medical Center
Site/Program Name: Hurley Diabetes Services Pediatric Diabetes Education Program
Address: 806 Tuuri Place
City, State, Flint, MI, 48503
Zip:
Phone: 810-762-6162
Program ID: 004439

Sponsoring Organization: Gerber Memorial Health Services
Site/Program Name: The Diabetes Center
Address: 212 S. Sullivan
City, State, Fremont, MI, 49412
Zip:
Phone: 231-652-2777
Program ID: 002247

Sponsoring Organization: Hurley Medical Center
Site/Program Name: Hurley Diabetes Services Diabetes During Pregnancy Education Program
Address: 3 West One Hurley Plaza
City, State, Flint, MI, 48503
Zip:
Phone: 810-257-9126
Program ID: 004439

Sponsoring Organization: Gerber Memorial Health Services
Site/Program Name: The Diabetes Center
Address: 204 West Main Street
City, State, Fremont, MI, 49412
Zip:
Phone: 231-652-2777
Program ID: 002247

Sponsoring Organization: McLaren Health Care
Site/Program Name: McLaren Diabetes Self-Management Education Program
Address: 401 South Ballenger Hwy.
City, State, Flint, MI, 48532
Zip:
Phone: 810-342-4110
Program ID: 004626

Sponsoring Organization: Garden City Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 6245 Inkster Road
City, State, Garden City, MI, 48135
Zip:
Phone: 734-458-4330
Program ID: 004348

Sponsoring Organization: Covenant HealthCare
Site/Program Name: DSMP Frankenmuth
Address: 600 N. Main Street
City, State, Frankenmuth, MI, 48734

Sponsoring Organization: Otsego Memorial Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 825 N. Center Street
City, State, Gaylord, MI, 49735
Zip:
Phone: 989-731-2194
Program ID: 005185

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Sponsoring Organization: MidMichigan Health
Site/Program Name: MidMichigan Medical Center-Gladwin
Address: 515 Quarter Street
City, State, Zip: Gladwin, MI, 48624
Phone: 989-246-6292
Program ID: 002493

Sponsoring Organization: Genesys Regional Medical Center
Site/Program Name: Genesys Diabetes & Nutrition Learning Center
Address: 1 Genesys Parkway
City, State, Zip: Grand Blanc, MI, 48439
Phone: 810-606-7720
Program ID: 003935

Sponsoring Organization: North Ottawa Community Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 1309 Sheldon
City, State, Zip: Grand Haven, MI, 49417
Phone: 616-847-5332
Program ID: 002278

Sponsoring Organization: Saint Mary's Mercy Medical Center
Site/Program Name: Clinica Santa Maria
Address: 730 Grandville SW
City, State, Zip: Grand Rapids, MI, 49503
Phone: 616-913-8430
Program ID: 002010

Sponsoring Organization: Saint Mary's Mercy Medical Center

Site/Program Name: Diabetes Wellness at the MAC
Address: 3012 Burton SE
City, State, Zip: Grand Rapids, MI, 49546
Phone: 616-752-6862
Program ID: 002010

Sponsoring Organization: St Mary's Health Care
Site/Program Name: St Mary's Hospital
Address: 300 Lafayette SE, Ste 2045
City, State, Zip: Grand Rapids, MI, 49503
Phone: 616-752-6079
Program ID:

Sponsoring Organization: Spectrum Health
Site/Program Name: Diabetes Outpatient Program
Address: 1840 Wealthy SE MC 860
City, State, Zip: Grand Rapids, MI, 48506
Phone: 616-391-9288
Program ID: 003648

Sponsoring Organization: Spectrum Health
Site/Program Name: Spectrum Health South Pavilion Diabetes Self-Management Education
Address: 80 68th Street
City, State, Zip: Grand Rapids, MI, 49548
Phone: 616-391-9199
Program ID: 002857

Sponsoring Organization: Spectrum Health-Devos Children's Hospital
Site/Program Name: St. John Hospital and Medical Center
Address: 100 Michigan NE – MC 77

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City, State, Zip: Grand Rapids 49503
Phone: 616-391-8849

Sponsoring Organization: Metro Health Hospital
Site/Program Name: Metro Health Breton
Address: 1925 Breton SE
City, State, Zip: Grand Rapids, MI, 49546
Phone: 616-252-4787
Program ID: 002269

Sponsoring Organization: Spectrum Health
Site/Program Name: Diabetes Self-Management Education Program
Address: 2023 E. Fulton
City, State, Zip: Grand Rapids, MI, 49503
Phone: 616-391-9199
Program ID: 002857

Sponsoring Organization: Saint Mary's Mercy Medical Center
Site/Program Name: Diabetes Self-Management Education Program
Address: 200 Jefferson SE
City, State, Zip: Grand Rapids, MI, 49503
Phone: 616-752-6097
Program ID: 002010

Sponsoring Organization: Mercy Hospital-Grayling
Site/Program Name: Diabetes Self-Management Education Program
Address: 1100 Michigan Avenue
City, State, Zip: Grayling, MI, 49738
Phone: 989-348-0455
Program ID: 002177

Sponsoring Organization: West Central Health Federation
Site/Program Name: Spectrum Health United Memorial United Campus
Address: 615 S. Bower Street
City, State, Zip: Greenville, MI, 48838
Phone: 616-754-6185 X 103
Program ID: 002892

Sponsoring Organization: Portage Health
Site/Program Name: Diabetes Self-Management Education Program
Address: 500 Campus Drive
City, State, Zip: Hancock, MI, 49930
Phone: 906-483-1562
Program ID: 002721

Sponsoring Organization: Harbor Beach Community Rural Health Network
Site/Program Name: Lakeshore Community
Address: 210 South First Street
City, State, Zip: Harbor Beach, MI, 48441
Phone: 989-479-3201 X 202
Program ID: 005066

Sponsoring Organization: Pennock Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 1009 West Green Street
City, State, Zip: Hastings, MI, 49058
Phone: 269-945-3451 X 415
Program ID: 002527

Sponsoring Organization: Holland Hospital

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Site/Program Name: Diabetes Self management Education Program
Address: 602 Michigan Avenue
City, State, Zip: Holland, MI, 49423
Phone: 616-394-3720
Program ID: 003755

Zip:
Phone: 906-485-2118
Program ID: 002310

Sponsoring Organization: Dickinson County Healthcare System
Site/Program Name: Outpatient Diabetes Clinic
Address: 1721 S. Stephenson
City, State, Zip: Iron Mountain, MI, 49801
Phone: 906-776-5470
Program ID: 002281

Sponsoring Organization: Foote Health System
Site/Program Name: Diabetes Center
Address: 817 W. High Street
City, State, Zip: Jackson, MI, 49203
Phone: 517-787-9322 X 227
Program ID: 002446

Sponsoring Organization: Iron County Community Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 1400 West Ice Lake Road
City, State, Zip: Iron River, MI, 49935
Phone: 906-265-2153
Program ID: 002370

Sponsoring Organization: Borgess Medical Center
Site/Program Name: Borgess Center for Diabetes Care
Address: 1521 Gull Road
City, State, Zip: Kalamazoo, MI, 49048
Phone: 269-226-8321
Program ID: 003856

Sponsoring Organization: Grand View Health System
Site/Program Name: Diabetes Self-Management Education Program
Address: N 10561 Grand View Lane
City, State, Zip: Ironwood, MI, 49938
Phone: 906-932-2525 X 6247
Program ID: 004342

Sponsoring Organization: Borgess Medical Center
Site/Program Name: Renal Care Group Downtown
Address: 521 E. Michigan Avenue
City, State, Zip: Kalamazoo, MI, 49007
Phone: 269-226-8321
Program ID: 003856

Sponsoring Organization: Bell Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 101 South Fourth Street
City, State, Zip: Ishpeming, MI, 49849

Sponsoring Organization: Borgess Medical Center
Site/Program Name: Renal Care Group Oshtemo
Address: 6739 Seeco Drive
City, State, Zip: Kalamazoo, MI, 49009
Phone: 269-226-8321
Program ID: 003856

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Sponsoring Organization: Bronson Methodist Hospital
Site/Program Name: Bronson Diabetes Education Center
Address: 524 South Park Street
City, State, Zip: Kalamazoo, MI, 49007
Phone: 269-341-8585
Program ID: 002079

Sponsoring Organization: Munson Medical Center
Site/Program Name: Kalkaska Memorial Health Center-Outpatient Diabetes Self-Management Program
Address: 419 S. Coral Street
City, State, Zip: Kalkaska, MI, 49646
Phone: 231-935-8200
Program ID: 002044

Sponsoring Organization: West Central Health Federation
Site/Program Name: Spectrum Health United Memorial Kelsey Campus
Address: 418 Washington Avenue
City, State, Zip: Lakeview, MI, 48850
Phone: 989-352-6825 X 619
Program ID: 002892

Sponsoring Organization: Sparrow Health System
Site/Program Name: Sparrow Diabetes Outpatient Education Program
Address: 1200 E. Michigan Avenue, Suite 340
City, State, Zip: Lansing, MI, 48912
Phone: 517-364-5955
Program ID: 004381

Sponsoring Organization: Ingham Regional Medical Center
Site/Program Name: Ingham Diabetes Self-Management Education Program
Address: 2727 S. Pennsylvania Avenue
City, State, Zip: Lansing, MI, 48910
Phone: 517-374-4911
Program ID: 005343

Sponsoring Organization: Keweenaw Memorial Medical Center
Site/Program Name: Diabetes Self-Management Education Program
Address: 205 Osceola Street
City, State, Zip: Laurium, MI, 49913
Phone: 906-337-6598
Program ID: 002400

Sponsoring Organization: St. Mary Mercy Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 36475 Five Mile Road
City, State, Zip: Livonia, MI, 48154
Phone: 734-655-8961
Program ID: 002037

Sponsoring Organization: Memorial Medical Center of West Michigan
Site/Program Name: Memorial Medical Center of West Michigan DSMEP
Address: 12 Atkinson Drive, Suite 13
City, State, Zip: Ludington, MI, 49431
Phone: 231-845-2270
Program ID: 002347

Sponsoring Organization: Westshore Medical Center

Accredited Diabetes Self-Management Training Programs (DSMT) in Michigan are in alphabetical order by City

NOTE: Most DSMT's have financial assistance resources available for attendees on an "as needed" basis

Site/Program Name: Diabetes Self-Management Education Program
Address: 1465 E Parkdale Avenue
City, State, Zip: Manistee, MI 49660
Phone: 231-398-1033
Program ID:

Zip:
Phone: 989-839-1813
Program ID: 002493

Sponsoring Organization: Schoolcraft Memorial Hospital
Site/Program Name: Out-Patient Diabetes Education Program
Address: 500 Main Street
City, State, Zip: Manistique, MI, 49854
Phone: 906-341-3210
Program ID: 002605

Sponsoring Organization: Mercy Memorial Hospital System
Site/Program Name: Diabetes Self-Management Education Program
Address: 905 North Macomb Street, Suite 3
City, State, Zip: Monroe, MI, 48162
Phone: 734-240-4476
Program ID: 003077

Sponsoring Organization: Marlette Regional Hospital
Site/Program Name: Marlette Regional Hospital DSMT Program
Address: 3270 Wilson Street
City, State, Zip: Marlette, MI, 48453
Phone: 989-635-4348
Program ID: 004192

Sponsoring Organization: Mount Clemens Regional Medical Center
Site/Program Name: Diabetes Self-Management Education Program
Address: 1030 Harrington, Suite 303
City, State, Zip: Mount Clemens, MI, 48043
Phone: 586-493-3396
Program ID: 004712

Sponsoring Organization: Marquette General Health System
Site/Program Name: Marquette General Hospital
Address: 580 W. College Avenue
City, State, Zip: Marquette, MI, 49855
Phone: 906-225-3473
Program ID: 004593

Sponsoring Organization: Central Michigan Community Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 1221 South Drive
City, State, Zip: Mount Pleasant, MI, 48858
Phone: 989-779-4049
Program ID:

Sponsoring Organization: MidMichigan Health
Site/Program Name: MidMichigan Medical Center-Midland
Address: 4005 Orchard Drive
City, State, Zip: Midland, MI, 48670

Sponsoring Organization: Mercy Mount Clemens Corporation
Site/Program Name: St. Joseph's Healthcare
Address: 215 North Avenue
City, State, Zip: Mt. Clemens, MI, 48043
Phone: 586-466-9664
Program ID: 002621

Accredited Diabetes Self-Management Training Programs (DSMT) in Michigan are in alphabetical order by City

NOTE: Most DSMT's have financial assistance resources available for attendees on an "as needed" basis

Sponsoring Organization: MidMichigan Health
Site/Program Name: MidMichigan Health Park-Mt. Pleasant
Address: 4851 E. Pickard
City, State, Zip: Mt. Pleasant, MI, 48858
Phone: 989-839-3123
Program ID: 002493

Sponsoring Organization: Munising Memorial Hospital
Site/Program Name: Munising Memorial Hospital's Diabetes Education Program
Address: 1500 Sand Point Road
City, State, Zip: Munising, MI, 49862
Phone: 906-387-4110 X 141
Program ID: 004897

Sponsoring Organization: Hackley Health Systems
Site/Program Name: Hackley Diabetes Program
Address: 1700 Clinton Street
City, State, Zip: Muskegon, MI, 49442-3302
Phone: 231-728-4810
Program ID: 003488

Sponsoring Organization: Helen Newberry Joy Hospital & Health Care Center
Site/Program Name: Diabetes Self-Management Education Program
Address: 502 W. Harrie Street
City, State, Zip: Newberry, MI, 49868
Phone: 906-293-9286
Program ID: 004878

Sponsoring Organization: Lakeland Healthcare
Site/Program Name: Lakeland Diabetes Education Program
Address: 31 North St. Joseph Avenue
City, State, Zip: Niles, MI, 49120
Phone: 269-927-5172
Program ID: 002339

Sponsoring Organization: Botsford General Hospital
Site/Program Name: Health Development Network/BCHI
Address: 39750 Grand River Avenue
City, State, Zip: Novi, MI, 48375
Phone: 248-477-6100 X 217
Program ID: 002767

Sponsoring Organization: Providence Hospital and Medical Centers
Site/Program Name: Providence Diabetes Care Program
Address: 47601 Grand River Avenue
City, State, Zip: Novi, MI, 48374
Phone: 248-849-4903
Program ID: 003475

Sponsoring Organization: Marquette General Health System
Site/Program Name: Ontonagon Memorial Hospital
Address: 610 S. Seventh Street
City, State, Zip: Ontonagon, MI, 49953
Phone: 906-884-8131
Program ID: 004593

Sponsoring Organization: Memorial Healthcare
Site/Program Name: Diabetes Self-Management Learning Program

Accredited Diabetes Self-Management Training Programs (DSMT) in Michigan are in alphabetical order by City

NOTE: Most DSMT's have financial assistance resources available for attendees on an "as needed" basis

Address: 1480 North M-52
City, State, Zip: Owosso, MI, 48867
Phone: 989-729-4712
Program ID: 002325

Phone: 248-858-6653
Program ID:

Sponsoring Organization: Northern Michigan Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 416 Connable Avenue Ste. G 70
City, State, Zip: Petoskey, MI, 49770
Phone: 231-487-7964
Program ID: 003776

Sponsoring Organization: Port Huron Hospital
Site/Program Name: Diabetes Education Program
Address: 1221 Pine Grove Avenue
City, State, Zip: Port Huron, MI, 48060
Phone: 810-989-3362
Program ID: 004608

Sponsoring Organization: Scheurer Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 170 N. Caseville Road
City, State, Zip: Pigeon, MI, 48755
Phone: 989-453-4493
Program ID: 002710

Sponsoring Organization: Mercy Hospital - Port Huron
Site/Program Name: Diabetes Self-Management Education Program
Address: 2601 Electric Avenue
City, State, Zip: Port Huron, MI, 48060
Phone: 810-985-1840
Program ID: 002243

Sponsoring Organization: Borgess Medical Center
Site/Program Name: Borgess Pipp Health Center
Address: 411 Naomi
City, State, Zip: Plainwell, MI, 49080
Phone: 269-226-8321
Program ID: 003856

Sponsoring Organization: Borgess Medical Center
Site/Program Name: Borgess at Woodbridge Hills
Address: 7901 Angling Road
City, State, Zip: Portage, MI, 49024
Phone: 269-226-8321
Program ID: 003856

Sponsoring Organization: St Joseph Mercy/Oakland
Site/Program Name: Diabetes Outpatient Program
Address: 44405 Woodward Avenue
City, State, Zip: Pontiac, MI, 48341-2985

Sponsoring Organization: Mercy Hospital-Grayling
Site/Program Name: Mercy Primary Care-Prudenville
Address: 2585 W. Houghton Lake Drive
City, State, Zip: Prudenville, MI, 48651
Phone: 989-348-0455
Program ID: 002177

Accredited Diabetes Self-Management Training Programs (DSMT) in Michigan are in alphabetical order by City

NOTE: Most DSMT's have financial assistance resources available for attendees on an "as needed" basis

Sponsoring Organization: Medical Network One, P.C.
Site/Program Name: Michigan Institute for Health Enhancement
Address: 4986 Adams Road, Suite E
City, State, Zip: Rochester, MI, 48306-1416
Phone: 248-475-4880
Program ID: 005275

Sponsoring Organization: St. Mary's of Michigan
Site/Program Name: Diabetes Self-Management Education Program
Address: 800 South Washington Avenue
City, State, Zip: Saginaw, MI, 48601
Phone: 989-907-8575
Program ID: 002504

Sponsoring Organization: Crittenton Hospital Medical Center
Site/Program Name: Diabetes Self-Management Education Program
Address: 1101 W. University Drive
City, State, Zip: Rochester, MI, 48307-1831
Phone: 248-652-5246
Program ID: 005223

Sponsoring Organization: Hackley Health Systems
Site/Program Name: Hackley Lakeshore Community Hospital Diabetes Program
Address: 72 S. State Street
City, State, Zip: Shelby, MI, 49455
Phone: 231-861-3018
Program ID: 003488

Sponsoring Organization: William Beaumont Hospital-Royal Oak
Site/Program Name: William Beaumont Hospital
Address: 3601 West Thirteen Mile Road
City, State, Zip: Royal Oak, MI, 48073
Phone: 248-551-0952
Program ID: 004215

Sponsoring Organization: Diabetes Outpatient Program of Montcalm County
Site/Program Name: Sheridan Community Hospital
Address: 301 N. Main Street
City, State, Zip: Sheridan, MI, 48884
Phone: 989-291-3261 X 240
Program ID: 002892

Sponsoring Organization: Covenant HealthCare
Site/Program Name: DSMP Saginaw
Address: 5400 Mackinaw Road, Suite 3101
City, State, Zip: Saginaw, MI, 48604
Phone: 989-583-5188
Program ID: 002199

Sponsoring Organization: Providence Hospital and Medical Centers
Site/Program Name: Providence Diabetes Care Program
Address: 22255 Greenfield
City, State, Zip: Southfield, MI, 48075
Phone: 248-849-4903
Program ID: 003475

Accredited Diabetes Self-Management Training Programs (DSMT) in Michigan are in alphabetical order by City

NOTE: Most DSMT's have financial assistance resources available for attendees on an "as needed" basis

Sponsoring Organization: Joslin Education Services-Providence Affiliate
Site/Program Name: Outpatient Diabetes Self-Management Education Program
Address: 16001 W Nine Mile Road
City, State, Zip: Southfield MI 48075
Phone: 248-849-3247
Program ID:

Name: Enhancement
Address: 1234 Napier Avenue
City, State, Zip: St Joseph MI 49085
Phone: 269-927-5172
Program ID:

Sponsoring Organization: Bon Secours Cottage Health Services
Site/Program Name: The Adult Outpatient Diabetes Program
Address: 22300 Bon Brae
City, State, Zip: St. Clair Shores, MI, 48081
Phone: 586-779-7661
Program ID: 004362

Sponsoring Organization: St. Marys of Michigan Standish Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 805 W. Cedar
City, State, Zip: Standish, MI, 48658
Phone: 989-846-3436
Program ID: 002316

Sponsoring Organization: Mackinac Straits Hospital and Health Center
Site/Program Name: Diabetes Self-Management Education Program
Address: 220 Burdette Street
City, State, Zip: St. Ignace, MI, 49781
Phone: 906-643-0373
Program ID: 004683

Sponsoring Organization: Sturgis Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 916 Myrtle Avenue
City, State, Zip: Sturgis, MI, 49091
Phone: 269-659-4358
Program ID: 002013

Sponsoring Organization: Lakeland Healthcare
Site/Program Name: Lakeland Diabetes Education Program
Address: 3900 Hollywood Road
City, State, Zip: St. Joseph, MI, 49085
Phone: 269-927-5172
Program ID: 002339

Sponsoring Organization: Herrick Memorial Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 500 East Pottawatamie Street
City, State, Zip: Tecumseh, MI, 49286
Phone: 517-424-3388
Program ID: 005145

Sponsoring Organization: Lakeland Healthcare
Site/Program Name: Community Health

Sponsoring Organization: Three Rivers Health
Site/Program Name: Three Rivers Health Diabetes Self-Management Training Program
Address: 701 S. Health Parkway

Accredited Diabetes Self-Management Training Programs (DSMT) in Michigan are in alphabetical order by City

NOTE: Most DSMT's have financial assistance resources available for attendees on an "as needed" basis

City, State, Zip: Three Rivers, MI, 49093
Phone: 269-273-9778
Program ID: 002324

Sponsoring Organization: Munson Medical Center
Site/Program Name: Outpatient Diabetes Self-Management Program
Address: 1105 Sixth Street
City, State, Zip: Traverse City, MI, 49684
Phone: 231-935-8204
Program ID: 002044

Sponsoring Organization: Oakwood Healthcare System
Site/Program Name: Oakwood Southshore Medical Center
Address: 5450 Fort Street
City, State, Zip: Trenton, MI, 48183
Phone: 734-671-3489
Program ID: 002544

Sponsoring Organization: Beaumont Hospital, Troy
Site/Program Name: Outpatient Diabetes Self-Management Education Program
Address: 44201 Dequindre Road
City, State, Zip: Troy, MI, 48085
Phone: 248-964-8144
Program ID: 004415

Sponsoring Organization: St. John Health System
Site/Program Name: St. John Macomb Hospital
Address: 11800 East 12 Mile Road
City, State, Zip: Warren, MI, 48093
Phone: 586-573-5740

Program ID: 003648

Sponsoring Organization: Botsford General Hospital
Site/Program Name: BiCounty Site
Address: 13355 East Ten Mile, Suite G10
City, State, Zip: Warren, MI, 48089
Phone: 586-759-7323
Program ID: 002767

Sponsoring Organization: Tri-County Endocrinology
Site/Program Name: Diabetes Self-Management Education Program
Address: 14049 13 Mile Road, Suite 6
City, State, Zip: Warren, MI, 48088
Phone: 586-294-0014
Program ID: 003346

Sponsoring Organization: Botsford General Hospital
Site/Program Name: West Bloomfield
Address: 6900 Orchard Lake Road, Suite 203
City, State, Zip: West Bloomfield, MI, 48322
Phone: 248-855-5620
Program ID: 002767

Sponsoring Organization: Henry Ford Health System
Site/Program Name: Outpatient Diabetes Self-Management Education Program
Address: 6777 West Maple Road
City, State, Zip: West Bloomfield, MI, 48322
Phone: 800-277-2740
Program ID: 005224

Accredited Diabetes Self-Management Training Programs (DSMT) in Michigan are in alphabetical order by City

NOTE: Most DSMT's have financial assistance resources available for attendees on an "as needed" basis

Sponsoring Organization: West Branch Regional Medical Center
Site/Program Name: Outpatient Diabetes Self-Management Education Program
Address: 2463 South M-30
City, State, Zip: West Branch, MI, 48661
Phone: 989-343-6130

Sponsoring Organization: Zeeland Community Hospital
Site/Program Name: Diabetes Education Program
Address: 8333 Felch Street
City, State, Zip: Zeeland, MI, 49464
Phone: 616-748-2880
Program ID: 004443

Sponsoring Organization: Henry Ford Wyandotte Hospital
Site/Program Name: HFWH Diabetes Self-Management Training Program
Address: 2333 Biddle Avenue
City, State, Zip: Wyandotte, MI, 48192
Phone: 734-246-6909
Program ID: 005332

Sponsoring Organization: Metro Health Hospital
Site/Program Name: Metro Health Southwest
Address: 2215 44th Street SW
City, State, Zip: Wyoming, MI, 49509
Phone: 616-252-8339
Program ID: 002269

Sponsoring Organization: Saint Joseph Mercy Health System
Site/Program Name: Saint Joseph Mercy Center for Diabetes
Address: 5320 Elliott Drive, Suite 203
City, State, Zip: Ypsilanti, MI, 48197
Phone: 734-712-2959
Program ID: 003790

Additional Programs

Name _____

Name _____

Address _____

Address _____

Phone _____

Phone _____

Name _____

Name _____

Address _____

Address _____

Phone _____

Phone _____

Name _____

Name _____

Address _____

Address _____

Phone _____

Phone _____

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Name _____

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CRITERIA FOR MEDICARE REIMBURSEMENT FOR DSMT¹⁶

Medicare Part B covers 1 course of initial group training,* not to exceed a total of 10 hours furnished within a continuous 12-month period, for a beneficiary who has a diagnosis of diabetes, defined as follows:

- (1) A fasting blood sugar greater than or equal to 126 mg/dl on two different occasions
- (2) A 2 hour post-glucose challenge greater than or equal to 200 mg/dl on 2 different occasions
- (3) A random glucose test over 200 mg/dl for a person with symptoms of uncontrolled diabetes

After receiving the initial training, follow-up training, not to exceed 2 hours yearly, is also covered by Medicare.

*Individual training may be covered if the beneficiary has special needs that will hinder effective participation in a group training sessions, or no group session is available within 2 months of the date the training is ordered. Group training consists of 2 to 20 individuals who need not all be Medicare beneficiaries.

Additional Information

American Diabetes Association Recognition. www.diabetes.org

Centers for Medicare & Medicaid Services (CMS). Medicare rule for diabetes coverage.
<http://cms.hhs.gov>

Diabetes Cost Reduction Act (DCRA). State mandate for diabetes supplies and education.
www.michiganlegislature.org

Michigan Department of Community Health – Diabetes Self-Management Education Certification . www.michigan.gov/diabetes. Phone: 517-335-9759.

Michigan Organization of Diabetes Educators (MODE). www.modeonline.org.
Phone: 1-888-342-2383, ext. 6638

National Certification Board for Diabetes Educators. www.ncbde.org/about.html

Office of Financial & Insurance Services (regulates health insurance in Michigan).
www.michigan.gov/cis - choose “Financial and Insurance Services” from menu on left side of page

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