

> THE DIABETES PROGRAMME

Our diabetes programme is designed to help members with diabetes manage their condition to lead happier, healthier lives. The programme is run by the Centre for Diabetes and Endocrinology (CDE).

WHAT DOES THE DIABETES PROGRAMME OFFER?

The diabetes programme supports and assists members living with diabetes. Diabetes is a serious concern as there are currently about 387 million people worldwide living with diabetes. This disease also affects approximately 4.5 million South Africans. Diabetes type 1 and type 2 as well as diabetes insipidus are all included on the list of 27 Prescribed Minimum Benefit conditions that must be covered as stipulated by the Council for Medical Schemes.

WHAT DOES THE DIABETES PROGRAMME COVER?

Open to members with diabetes type 1 and 2, the programme helps you manage your condition by using a multi-pronged approach. It includes access to diabetes specialists, diabetes educators, a dietician, podiatrists and a clinical psychologist, as well as exercise specialists if necessary.

It covers:

- Consultations with a doctor who has received further training in diabetes management (a minimum of 2 consultations per year)
- Diabetes education to supplement your knowledge in diabetes and to enable you to “self-manage” your diabetes more effectively
- 1 consultation per year with a registered dietician
- Access to the most appropriate medicines for diabetes
- A 24-hour diabetes emergency hotline
- A diabetes specialist (endocrinologist) supporting your treating doctor regarding your treatment as well as care support from a case manager.

WHAT ABOUT EYE SCREENING AND FOOT SCREENING?

Eye screening with an ophthalmologist and foot screening with a podiatrist are also essential components of managing diabetes. You can access these services through available day-to-day benefits or savings.

WHO CAN JOIN THE PROGRAMME?

The programme is open to members on BonComprehensive, BonClassic, Standard, Standard Select, BonComplete, BonSave, Primary, BonFit and BonEssential.

If you are a member on one of these options and registered as a diabetes sufferer with the Chronic Medicine Management team, you can join the diabetes programme. There is no joining fee and no charge for your diabetes care services.

HOW DO I JOIN THE PROGRAMME?

Step 1

Make sure your diabetes is registered with us as a chronic condition. If you have not registered your diabetes as a chronic condition yet, call us on **0860 002 108** to do so. You will need to have a copy of your prescription available.

Step 2

Call **011 053 4400** and request to join the programme

or

Ask your doctor to refer you to the nearest CDE Centre, where you can register on the programme

WHAT ABOUT MY DIABETES MEDICINE?

Once you have joined the programme, the CDE will facilitate your prescription management. The CDE, in conjunction with your treating doctor and a CDE endocrinologist, will ensure that your prescription is optimised for your diabetes treatment. Your medicine will be delivered directly to you (at home, work or your nearest post office) by Pharmacy Direct. This valuable service makes it convenient for you and ensures you always receive what you need for your diabetes care in a timely manner.

WHAT IF I AM CURRENTLY BEING TREATED BY A DOCTOR WHO IS NOT A PREFERRED PROVIDER FOR DIABETES?

If your GP is not a CDE-accredited doctor, he/she may still treat you, if he/she applies to become a preferred provider for diabetes. Ask your doctor to contact the CDE central office in Houghton, Johannesburg. They will provide further information and the doctor will be trained and accredited as a preferred provider within the CDE network.

CDE CONTACT DETAILS

Call:	(011) 053 4400
Fax:	(011) 728 6661
Email:	members@cdediabetes.co.za
Website:	www.cdediabetes.co.za