

AN IMPORTANT MESSAGE FOR ALL PATIENTS WITH DIABETES



Centre for Diabetes and Endocrinology (Pty) Ltd

Certain Medical Aids have, in conjunction with the Centre for Diabetes and Endocrinology (Pty) Ltd developed an incredible package for all patients with Diabetes. With **NO EXTRA CHARGE OVER AND ABOVE YOUR USUAL MONTHLY MEDICAL AID CONTRIBUTION**, you will be able to receive the following comprehensive management:

- Your consultations supervised by a Doctor with specialised training in diabetes management.
- Full diabetic education.
- Dietician consultation.
- Podiatrist consultation.
- All hospitalisation for acute diabetic emergencies (diabetic coma

hypoglycaemia or ketoacidosis, restabilisation of diabetes, etc)

- All laboratory investigations necessary for diabetic management.
- Annual screening visit with ophthalmologist.
- ALL diabetic medication, including Insulin, tablets for diabetes, needles, syringes, testing strips and the supply of Reflectance meters.

Just imagine no levies, no top-up costs for Doctors' bills, no overriding your medicine limit and no tedious forms to fill in every few months!

These medical aids are able to offer you this package because it is now known that good control of diabetes reduces both the short and long-term costs of diabetic management, reduces the incidence of diabetic complications (blindness, kidney failure, heart attacks, etc) and reduces hospitalisation. In order to achieve good control of diabetes, patient education is extremely important. Until now, many Medical Aid schemes have not paid for diabetic education and patients have had difficulty in finding and paying for appropriate education courses. This is all taken care of by this arrangement.

WHAT IS THE CENTRE FOR DIABETES AND ENDOCRINOLOGY

The Centre for Diabetes and Endocrinology is a diabetic centre, which provides a unified team approach to the management of diabetes. The staff includes Diabetic Specialists, Diabetic Educators, Dieticians, Podiatrists, a resident Clinical Psychologist, and an Exercise Specialist. The Centre provides the most comprehensive and complete approach to the care of the diabetic patient found anywhere in the world. The central office is in Houghton, Johannesburg, but branches exist countrywide.

HOW DO I JOIN THIS PROGRAMME?

If you belong to a Medical Aid, which has joined the Scheme, this can be done in one of three ways:

1. If you are already a patient at a Centre for Diabetes and Endocrinology, contact the Centre to be signed on to the Scheme.
2. Ask your family practitioner to refer you to the closest Centre for Diabetes and Endocrinology where you will be signed on to the system immediately.
3. If you wish to stay with the Doctor who is currently handling your diabetes, but would like to take advantage of this scheme, ask your Doctor to contact the closest Centre for Diabetes and Endocrinology where he will be able to

be trained as a “preferred provider” and will be able to manage your diabetes in conjunction with the team at the Centre.

If your Medical Aid has not yet joined the Scheme, contact them and ask why.

WHAT EXACTLY ARE THE BENEFITS THAT I CAN EXPECT AND WHAT IS REQUIRED OF ME, THE PATIENT?

As a patient with diabetes, it is absolutely essential that you be given the optimum medical care and education. Therefore, if you join the scheme, you will be expected to present yourself for the following:

1. A minimum of two full examinations by the Doctor each year. If necessary, you will be able to see the Doctor as often as possible.
2. A full course in diabetic education, which involves at least 2 x 1 hour individual sessions with a Diabetic Educator. An 8-hour education course is available. You will then be required to attend a further 1-hour with the Diabetic Educator every 6 months. Further sessions with the Diabetic Educator are available should this be deemed necessary by yourself or by the staff at the Centre.
3. A 24-hour telephonic help-line, staffed by trained personnel, is available to sort out any immediate or acute problems that might arise day to day.

4. An initial consultation with the resident Dietician followed by annual follow-up consultations to discuss any new advances in the dietary management of diabetes. Additional visits to the Dietician can be arranged if necessary.
5. Appropriate laboratory tests to assess diabetic control, kidney function, and blood fats will be performed regularly.
6. A visit to the Podiatrist for foot advice and foot care at least once a year.
7. The complete cost of all medication and accessories pertaining to your diabetes is covered in full with no limit whatsoever.
8. Where deemed necessary, a visit to a Clinical Psychologist can be arranged for counselling.
9. Where deemed necessary, a consultation with an Exercise Physiologist (Biokineticist) will be arranged where your fitness level will be assessed and an appropriate exercise programme prescribed.
10. A screening consultation with an ophthalmologist.

All these services will cost you NOT ONE CENT MORE than your current Medical Aid subscription. However, you will be obliged to attend for the minimum consultations as set out above and failure to do so may disqualify you from the scheme. This is done in your interests, as it is vital that the Centre looking after your diabetes is given the opportunity to ascertain that you are as educated in your diabetes and as well controlled as possible. Diabetic complications need to be detected and

treated early to prevent long-term disasters and rising costs.

The CDE Diabetes Management Programme does not include the management of diabetic complications such as eye problems, kidney failure and vascular disease which must be claimed for via your Medical Aid in the usual manner. Non-diabetic medication is not included.

It only applies to management of diabetes carried out directly by a Centre for Diabetes or accredited Doctor. Blood tests must be done by a Laboratory appointed by the Centre and hospital admissions must be Nursing Homes approved by the Centre.

The above offer may sound too good to be true. There is, however, no hidden “catch” whatsoever.

For further information or to sign on to this scheme. Please contact our membership department at:

Tel No : (011) 712-6000

Fax No : (011) 483-0467

(011) 728-0330

You will be provided with the names of your closest “Centre for Diabetes” Branches

Website: www.cdecentre.co.za