



ABCs of Diabetes

Polk County School Board Wellness Program

Polk County School Board ABCs of Diabetes Program Details

The *ABCs of Diabetes* program is designed to be rewarding and educational for all members who have chosen to participate. The following has been put together to inform you of all the requirements, incentives, and benefits that pertain to this program.

Eligibility:

Anyone on the School Board Health Insurance Plan (Blue Cross/Blue Shield) who has been diagnosed with diabetes (Type I or Type II) is eligible to participate in the *ABCs of Diabetes* program.

Program Details:

- Participants must attend four (4) ninety (90) minute classes concerning the following topics (these must be completed during the participant’s first year of enrollment in the program):
 1. Medical Issues for New Diabetics (relevant to all Diabetics – whether newly diagnosed or not)
 2. Managing Diabetes with Nutrition and Exercise
 3. Diabetes Advanced Diet Planning
 4. *Managing Heart Disease and High Blood Pressure*
- During the second and subsequent years, attendance at one refresher class each year. Participants are notified when these classes are available.
- Participants must attend two (2) Diabetic Screening Saturdays sponsored by Polk County School Board Wellness Center during the year. Participants will attend these Saturdays every six (6) months. At these events, participants will receive their **FREE** HbA1C (hemoglobin) test, eye exam, lipid profile, kidney function test, blood pressure test, and foot exam. Participants are required to make scheduled appointments for these Diabetic Screening Saturdays. Participants must also attend Risk Intervention Sessions following each Diabetic Screening Saturday. At the Diabetic Screening Saturday, each participant must make an appointment for their Risk Intervention Session.

Currently scheduled Diabetic Screening Saturdays are listed below. As this schedule is extended, you will be notified in the Wellness Matters newsletter.

Phillips, Salomon, & Parrish Eye Clinic
 215 First St. North
 Winter Haven, FL 33881
Two blocks south of Winter Haven Hospital

January 22, 2011
 6:45am – 10:00 am
August 20, 2011
 6:45am – 10:00 am

Phillips, Salomon, & Parrish Eye Clinic
 4337 South Florida Avenue
 Lakeland, FL 33813

November 13, 2010
 6:45am – 10:00 am
May 21, 2011
 6:45 am – 10:00 am
November 12, 2011
 6:45 am – 10:00 am

If changes are made to the dates or locations of these Diabetic Screening Saturdays, all registered participants (participants who have made an appointment on a particular Diabetic Screening Saturday) will be mailed written notification to their home address.

- Participants may choose to have their personal physician(s) perform all mandatory tests (see list below) as an alternative to attending Diabetic Screening Saturdays. Participants who elect to have their physician(s) administer these tests and exams will be required to attend a Risk Intervention Session at which time their lab results will be discussed. These participants must complete their initial Risk Intervention Session within the first four months of enrollment. Thereafter, appointments must be made for follow-up Risk Intervention Sessions every six months. Current lab results may be forwarded in advance or brought to the Risk Intervention Session by the participant.
- Participants will be enrolled (if the participant has not already enrolled) in the Blue Cross Blue Shield *Better You from Blue* Diabetes Care Management Program. Diabetes educational information will be mailed to participants on a quarterly basis. This program will provide general education on diabetes, medications, and diabetes monitoring tools.
- The *ABCs of Diabetes* program follows the American Diabetes Association best medical practices for diabetics. Meeting best practices guidelines, participants are required to obtain twice-yearly A1C (hemoglobin A1C), Lipid Panel (total cholesterol, triglycerides, HDL, LDL, VLDL and cholesterol/HDL ratio), Kidney function tests (random microalbumin, urine creatinine, and microalbumin/creatinine ratio), blood pressure and weight. Yearly eye exams and foot exams are also required. Participants can receive these FREE tests at the Diabetic Screening Saturdays. If the participant chooses to go to his/her personal physician(s) for these tests, the participant must provide written documentation (results of all mandatory tests) to the Wellness Team.
- Please note: It is the participant's responsibility to ensure that all requirements are met (including follow-up appointments, labs, attendance at educational classes, etc.).

Participant Incentives:

- All participants will receive a coupon for a free glucose monitor.
- Upon enrollment in the program, participants will be granted the Diabetes Prescription Benefit. This allows the participants to fill prescriptions under the new benefit.
- Participants will be granted enrollment in the Diabetes Prescription Benefit for as long as Polk County School Board sponsors this benefit or the participant meets program requirements.

Participants who choose not to enroll or complete the program requirements in a timely manner will not receive or continue to receive the Diabetes Prescription Benefit.

Diabetes Prescription Benefit

- Generic tier (1st tier) co-pay reduced to \$4 for both retail and Advantage 90 mail in service (only applies to diabetes medications and supplies)
- *Preferred tier (2nd tier) co-pay \$37.50 for Advantage 90 mail in service (only applies to diabetes medications and supplies)
- *Non-preferred tier (3rd tier) co-pay \$62.50 for Advantage 90 mail in service (only applies to diabetes medications and supplies)

*Refer to page 27 of your PCSB Open Enrollment Benefits Guide if you prefer to obtain your prescriptions from your local pharmacy.

*Your current medical/prescription benefits will be maintained. **The Diabetes Prescription Benefit copays only apply to diabetes medications and supplies.***

How It Works:

- Participants can choose to join the *ABCs of Diabetes* program by contacting Janet Armitage, or Debbie Zimmerman, Polk County School Board Wellness Center (863-648-3057).
- In order to remain in good standing in the program and continue to receive program benefits, participants must fulfill initial and continuing program requirements as described in Program Details above.
- Participants will be enrolled in the Diabetes Prescription Benefit once the participant either (A) participates in a Diabetic Screening Saturday or (B) provides results of required tests performed by his/her personal physician, or (C) attends two (2) of the four (4) educational classes and registers for an upcoming Diabetic Screening Saturday. Participants will be given assistance concerning enrollment into the mandatory educational classes and Diabetic Screening Saturdays. Participants will be required to sign and return a “Notice of Understanding” to the terms and conditions of the *ABCs of Diabetes* program requirements. Failure to return this signed “Notice of Understanding” will result in removal from this program after a 30-day grace period of return.

Polk County School Board reserves the right to make changes to the ABCs of Diabetes program at any time.

Nondiscrimination Statement

The School Board of Polk County, Florida, prohibits any and all forms of discrimination and harassment based on race, color, sex, religion, national origin, marital status, age, homelessness, or disability or other basis prohibited by law in any of its programs, services, activities or employment. To file concerns, you may contact the Office of Equity & Compliance in the Human Resources Division at (863) 534-0513.

How to Request Accommodations

If you require any type of accommodation to complete the application process due to a disability, please call the Human Resource Services Division at (863) 534-0781. If you are deaf or hard of hearing, please contact the Polk County School District by calling Florida Relay Service at 1-800-955-8771.

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