

CDE Diabetes Management Programme



Tel: 0861 400 111 www.cdediabetes.co.za

It's important that you know exactly how many consultations and benefits you can use each year according to your medical scheme and the plan that you are on. **Services outside of the CDE Diabetes Management Programme benefits are not payable by CDE, even if diabetes related, and should be covered by your medical-scheme.**



You've registered as a member of the CDE Diabetes Management Programme. Now what?

It's important to familiarize yourself with your benefits and to ensure that you USE them!

You have access to the following benefits every year that you are a member of the **CDE Programme**. If you change medical schemes or your scheme option, your benefits and frequency of visits will be affected. Please confirm with your medical aid or the CDE the impact of any change you make.

CDE Benefits

Medical Scheme and option dependant
(Benefits will vary based on your medical scheme and option)



Doctor Consultations

You should see your doctor at least twice per year. Should your doctor feel that you need more appointments, he or she will motivate on your behalf.

Any consultations over and above this, unless approved, will not be payable from the **CDE Diabetes Management Programme** benefits.

Retinal Screening

An annual retinal screening, is covered. Should your doctor feel that you need more appointments, he or she will motivate on your behalf.

Diabetes Education

Education on diabetes is just as important as seeing your doctor and is an ongoing process. You should have at least 2 one-hour individual sessions with a diabetes educator per year.

Please ask your doctor to refer you for this, or phone the **CDE** for a referral to a diabetes educator if your doctor does not have one in the practice.

Laboratory Tests

The **CDE Diabetes Management Programme** covers the following necessary monitoring tests each year:

- HbA1c
- Lipogram
- Urinary Albumin to Creatinine ratio
- Blood Urea and Creatinine

Dietitian Consultations

You have access to one consultation with a dietitian every year. If more are needed this should be motivated by your doctor.

Foot Screening

You have access to one foot screening consultation and detailed foot health education every year. Should your doctor feel that you need more appointments, he or she will motivate on your behalf. Screening does not include any treatment.

Screening check list:

- Visual assessment of skin, nail, bone & joints
- Protective Sensation assessment (touch, vibration, temperature & pain)
- Foot Pulses and circulation
- Ankle reflexes
- Shoes & hosiery
- Gait & mobility