

Purdue's Center for Healthy Living

Living with Diabetes program

To enroll, call the Center for Healthy Living at 49-45422.

Education and support for living with diabetes, plus discounts on your medication throughout 2015

Have you recently been diagnosed with diabetes and are worried about how your life will change? Or are you currently living with diabetes and need to improve your outcomes?

The Living with Diabetes program will provide you with essential education and support to get you off on the right foot or back on track. And here's another great benefit: The program provides discounts on your diabetes medications when you maintain participation throughout 2015.

The program is available at no charge to West Lafayette faculty, staff and dependents covered on a Purdue medical plan.

Purdue employees who work during the program's meeting and appointment times can participate in paid status and don't need to take sick leave or vacation. Talk with your supervisor to determine the best time to be away from your job.

Program overview

As a participant in the program, you'll have the expert services of these health care professionals:

- A registered nurse (RN) who is a certified health and wellness coach
- A pharmacist who is specially trained in medication therapy management (MTM)
- A registered dietitian (RD) who will assist with individualized meal planning

In addition to these clinical specialists, you'll meet providers in the fields of optometry, endocrinology and podiatry.

Diabetic meal planning, carbohydrate counting and physical activity will be emphasized because of their value in improving glycemic control, which plays an important role in overall health.

You'll gain the educational tools you need for success and develop a plan to become an active partner with your health care provider. If you wish, you may invite a supportive family member or friend to attend the program with you.

Enroll by Aug.29

The program begins Sept. 2 and consists of a pre-assessment, a post-assessment, a 12-week class that meets once a week, and ongoing health coaching and pharmacist visits tailored to your needs.

Classes begin the week of Sept. 29 and run through the week of Jan. 5. The class will not meet the weeks of Nov. 24 and Dec. 22 due to Thanksgiving and Christmas holidays.

Participants will enroll for one of these class meeting times:

- Mondays, noon – 1 p.m., Purdue Memorial Union
- Mondays, 2 – 3 p.m., Purdue Memorial Union
- Thursdays, 8 – 9 a.m., Recreational Sports Center
- Thursdays, noon – 1 p.m., Recreational Sports Center

Each meeting time is limited to 20 participants. **To enroll, call the Center for Healthy Living at 49-45422. Registration is open Aug. 18 – 29.**

Next steps

Following your registration, you'll complete the following steps to begin the program:

- Pick up your program packet from the Center for Healthy Living during the week of Sept. 1. Someone from the center will contact you with more information.
- Schedule your initial appointment with the center's MTM pharmacist.
- Schedule your initial appointment with the program's RN-health coach.
- Provide the results of a lipid panel test and an A1C test that you've had within the past 12 months. If you haven't had one or both of these tests within the past 12 months, schedule an appointment with a provider at the Center for Healthy Living. You'll need the results before meeting with the MTM pharmacist and the RN-health coach.

No need to take sick time or vacation

Purdue employees who work during the program's meeting and appointment times can participate in paid status and don't need to take sick leave or vacation. Hourly-paid staff will record their time away as "Other leave."

Proof of attendance slips will be available for those who need to provide them to their supervisors. The slip will only confirm your attendance and will not include any personal health details.

Please talk with your supervisor to determine the best times for you to be away from work to participate in the wellness program.

How to get medication discounts

The Living with Diabetes program will teach you helpful skills for your journey with diabetes, but that's not all. You'll also be eligible for discounts on your diabetes medications when you do the following:

- Complete the pre-assessment and the post-assessment.
- Attend 11 of the 12 class meetings, including the required Week 1 meeting. Although seating is limited in each class, if you must miss your regular meeting time, you can make it up by going to another meeting during the same week. You'll need your RN-health coach's approval.
- Continue to meet with the RN-health coach and the MTM pharmacist after finishing your 12 class meetings. The frequency of your meetings will depend on your progress toward attaining an A1C level at or below 7. You should expect to see the health coach and MTM pharmacist at least once every six months after completing the 12-week class.

Your medicine discounts will apply automatically through Express Scripts beginning the week of Oct. 13, after completion of two weeks of meetings, and will continue with your ongoing participation in the program.

You'll be dropped from the program and will lose your medication discounts if you don't complete 11 of the 12 class meetings or if you fail to respond to three consecutive follow-up communications from the RN-health coach or MTM pharmacist.

Questions

Details about the program and the discounts are available at www.purdue.edu/healthyliving. Contact Kamal Singh, our MTM pharmacist, at 49-66833 if you have questions about the Living with Diabetes program.

Center for
Healthy Living

Purdue West Shopping Center
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