

OhioHealth Diabetes Resources

Patient sees an OPG Provider for Primary Care	Patient sees a non-OPG Provider for Primary Care	Patient has OhioHealthy Medical Plan
Place a referral to: 1. Diabetes Self-Management Education (DSME) → REF20 and 2. OPG Diabetes Care Team → REF505 (PreDM/Gestational → REF50)	Place a referral to: 1. Diabetes Self-Management Education (DSME) → REF20 and 2. Outpatient Dietitian Services → REF50	Patients should contact the: OhioHealthy Diabetes Program at (614) 788-WELL (9355) or OhioHealthWellness@OhioHealth.com

Program Descriptions

DIABETES SELF-MANAGEMENT EDUCATION PROGRAMS (DSME)

OhioHealth offers access to skilled teams of health educators who are committed to helping people with diabetes and their loved ones build the skills needed to self-manage diabetes.

These programs are accredited through the American Diabetes Association and/or the Association of Diabetes Care and Education Specialists and follow the National Standards for Diabetes Self-Management Education and Support. This person-centered service provides eight content areas including: Pathophysiology of Diabetes and Treatment Options; Healthy Coping; Healthy Eating; Being Active; Taking Medication; Monitoring; Reducing Risk; and Problem Solving and Behavior Change Strategies. Dietitians provide medical nutrition therapy in one-on-one visits. Virtual classes are available.

Appointments can be scheduled at the following locations:

- + Mansfield Hospital – Ph: (419) 520-2550 or Fax Paper Referrals to (419) 526-8939
- + McConnell Heart Health Center – Ph: (614) 566-2700 or Fax Paper Referrals to (614) 566-6776
 - *Satellite Locations available at Delaware, Pickerington, and Westerville Medical Campuses*
- + Grant Medical Center – Ph: (614) 566-7803 or Fax Paper Referrals to (614) 566-8247

Health Care Providers should place a referral to:

- 1.) Ambulatory Referral to Diabetes Education [REF20] and
- 2.) Ambulatory Referral to Nutrition Services [REF50]
or Ambulatory Referral to Diabetes Care Team [REF505] for OPG Patients

OPG DIABETES MANAGEMENT PROGRAM

OhioHealth Enterprise-Wide Care Management and Population Health Pharmacy Services provide a multidisciplinary program to support patients with diabetes at no additional charge. Our team works with patients both remotely and in person until the patients A1C is at goal.

Our team is comprised of:

- + Dietitians – provide 1:1 education
- + Pharmacists – manage medications via a consulting agreement
- + Care Managers – Nurses provide disease management and education
- + Health Coaches – Provide solution focused goal setting

Who to Refer:

- + OPG patients with a recent (<3 month) A1C ≥ 9%
- + Newly diagnosed patients can be referred to the dietitian
- + How to Refer → Place a referral to Ambulatory Referral to Diabetes Care Team [REF505]
- + Contact Megan.Keller@ohiohealth.com for more information

OUTPATIENT DIETITIAN SERVICES

OhioHealth offers outpatient nutrition counseling services (aka Medical Nutrition Therapy), provided by registered, licensed dietitian nutritionists (RDN/LD) to help patients with diabetes (prediabetes, type 1, type 2, gestational), PCOS, weight management, high cholesterol, high blood pressure, diverticulitis, kidney disease, chronic disease management and prevention, metabolic syndrome, food allergies, sensitivities and intolerances, meal planning, and more.

Health Care Providers should place a referral to *Ambulatory Referral to Nutrition Services* [REF50]

Appointments can be scheduled at the following locations:

- + Berger, Doctors, Grady, Grant, Grove City, O'Bleness and Riverside - Central Scheduling (614) 566-1111
- + Mansfield - (419) 520-2550
- + McConnell Heart Health Center and Satellites - (614) 566-2700
 - *Satellite Locations available at Delaware, Pickerington, and Westerville Medical Campuses*

DIABETES MANAGEMENT PROGRAM FOR OHIOHEALTHY MEDICAL PLAN

Free of charge for OhioHealth associates, spouses, and dependents on the OhioHealthy medical plan.

Comprehensive diabetes care to prevent or delay progression of diabetes. Recommendations are provided by pharmacists to their primary care provider.

To enroll or learn more, contact OhioHealth Wellness at (614) 788-WELL (9355).

Prediabetes Resources

CDC Guided Diabetes Prevention Programs - Mansfield

OhioHealth offers a free lifestyle change program that has demonstrated effectiveness in improving the health of individuals with prediabetes and those at risk of developing type 2 diabetes. Trained lifestyle coaches facilitate learning and support with the following topics during this year-long program: becoming and staying active; eating healthy foods; managing stress; healthy coping; getting support; staying motivated; and other topics that help with weight management and preventing type 2 diabetes.

To enroll, contact Mansfield Hospital - (567) 241-7199.

The criteria include:

- + Be at least 18 years old
- + Body mass index >25; >23 if Asian
- + Have no previous diagnosis of type 1 or type 2 diabetes
- + A1C level between 5.7-6.4% OR a FBG between 100-125 mg/dL OR a two-hour blood glucose (after a 75-gram glucose load) between 140-199 mg/dL OR a previous diagnosis of gestation diabetes

The Dempsey Family Education and Resource Center - Central Ohio

Free support groups and virtual/in person education classes that are open to the community.

Ph: (614) 788-6115 or [OhioHealth Dempsey Family Education and Resource Center](#)

Place a referral to: *Ambulatory referral to Dempsey Family Education and Resource Center* [REF520]

OHIOHEALTH COMMUNITY RESOURCE DIRECTORY

Visit OhioHealth | Community Resources Directory ([findhelp.com](#)) to access community resources for patients with socio-economic needs. This digital platform is provided free of charge to patients and providers.



Contact Megan Keller at
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