

Date:

Re: JS

Dear Dr Johnson,

I would like to thank you for referring JS for Diabetes Self- Management Education and Support for Type 2 diabetes and hyperlipidemia. As prescribed, Mr. S was seen for an individual assessment, participated in diabetes education classes, and developed a follow-up plan. He utilized all ten hours of Medicare covered DSMES for initial education. He is eligible for two hours of DSMES each subsequent year. The following demonstrate Mr. S's successes and achievements in DM Self-Care:

Healthy Eating- cut out high calorie snacks, reduced portions at all meals, and substituted water for regular soda. Weight reduced from 274# to 257# (March-June)

Being Active- increased physical activity from sporadic walking to using a FitBit with increased steps from 2000 to 10,000 most days of the week.

Medications- reduced from four to three: Metformin, Jardiance, and Victoza

Monitoring- checking blood sugar each morning

Problem Solving- developed solutions for low activity, support from family and to adjust portions

Healthy Coping- "I felt like I was failing. Why even try? Now I'm feeling really good. The more I put into it, the better I feel"

Reducing Risks of DM related complications

- A1c reduced from 10.4% to 5.7% (February-June)
- Blood Pressure from 134/82 to 107/67 (March-June)
- Initial HDL 26 and triglycerides 180. ENDO ordered lab, pending

Plan for Ongoing Support- Mall Walking Club and quarterly follow-up with ENDO.

DSMES was a collaboration of Dr. , Endocrinologist, Health Coach, and I.

I thank you for the opportunity to coordinate care.

Sincerely,

Electronically Signed by: RD, CDE