



3901 Hoyt Avenue ■ Everett, WA 98201 ■ 425-259-0966

**DIABETES SELF-MANAGEMENT EDUCATION**  
**Diabetes and Nutrition Department**  
**The Everett Clinic**

Patient Name \_\_\_\_\_ MRN \_\_\_\_\_

Birth Date \_\_\_/\_\_\_/\_\_\_ Patient's phone number \_\_\_\_\_

Diagnosis Code: \_\_\_\_\_

A. \_\_\_ Class

\_\_\_ Living with Diabetes Classes 1 and 2 basic class (2 hours each)

\_\_\_ Improving Control refresher class (2 hours)

B. \_\_\_ Individual diabetes self-management training

a. \_\_\_ new diabetes training

b. \_\_\_ refresher education

c. \_\_\_ insulin start

Type of insulin: \_\_\_\_\_ Pen or syringe: \_\_\_\_\_

Starting dose: \_\_\_\_\_ Titration schedule: \_\_\_\_\_

Follow-up plan: \_\_\_\_\_

d. \_\_\_ insulin pump tune-up

e. \_\_\_ possible insulin pump

f. \_\_\_ insulin pump training (2 hour appointment) (specify type of pump: \_\_\_\_\_)

*For Medicare patients only, please specify:*

A. *Diagnostic Criteria:* \_\_\_ FBS > 126 mg/dl on 2 different occasions

\_\_\_ 2-hour post-glucose challenge > 200 mg/dl on 2 different occasions

\_\_\_ Random glucose 200 mg/dl with symptoms of uncontrolled diabetes

*Note: A1C may not be used for diagnosis. Pre-diabetes is not covered.*

B. *Hours requested:*

\_\_\_ Initial group DSMT: \_\_\_ 10 hours or \_\_\_ number of hours requested

\_\_\_ Initial individual DSMT:

*Must indicate specific reason that 1:1 is needed (vs group) – circle one:*

*vision, hearing, cognition, physical, other*

\_\_\_ Follow-up DSMT: \_\_\_ 2 hours or \_\_\_ number of hours requested

\_\_\_ Additional hours for insulin training: \_\_\_ number of hours requested

**C. Relevant Medical Information**

List diabetes oral medication and doses \_\_\_\_\_

List insulin types and doses \_\_\_\_\_

Any other pertinent medications or labs \_\_\_\_\_

Most recent HgA1C \_\_\_\_\_ on \_\_\_\_\_

Physician Printed Name \_\_\_\_\_ NPI \_\_\_\_\_

Physician Signature: \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

**FAX COMPLETED FORM TO DIABETES EDUCATION: 425-257-1423**  
**Call Diabetes and Nutrition Department with questions: 425-339-5431**