Diabetes Population Management
With support from Senior Leadership and Medical Staff, MVHC has been able to implement programs over the last 2 years to better manage our diabetic population. These programs include the following:

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These programs assist patients in creating the behavior change needed to better manage their diabetes.
Diabetes Empowerment Education Program™ (DEEP™)

- Offered to Pre-diabetics and Type 2 Diabetics
- Patients referred by their Provider
- Cost covered by Patient Care Charitable Fund
- 6-week class lead by MVHC trained staff
- Covers a variety of topics such as: Understanding the Human Body, Understanding Risk Factors, Physical Activity, Diabetes and Nutrition, Learning about Medications and Living with Diabetes.
- Fresh produce - seasonal
- Average class size is 10 patients
- Class length is 2 hours
- Mornings and afternoons classes available
DEEP™ Patients Before and After A1C

*Sample over 12 month period*
Patient Wellness Program

- Patients referred by their Provider
- 12 Week Program
- 3 days per week
- Includes fitness/nutrition classes
- Cost covered by Patient Care Charitable Fund
- Offered in 4 Counties
- Patients are incentivized for attendance and % weight loss
- Option to continue for an additional 12 weeks
- Class size ranges from 10-20 participants
Patient Wellness Program
Individual Health Coaching

- 1 on 1 Health Coaching
- Patients are referred to health coaching by their Provider
- Identify health concerns of the patient
- Discuss actions/behaviors patient is ready to change
- Identify barriers
- Set long-term and short-term goals
- 30-60 minute sessions
- 12 sessions offered
Group Medical Visits

- Continue education after graduating from DEEP™
- Patients continue education as a group and see PA for medical management of their diabetes
- Frequency – every 3 months (diabetic office visit)
- During the visit, the patient receives their routine diabetes exam, education, and activity/socialization.
1 on 1 Healthy Coaching

*Sample over 12 month period*
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