

Montana Health Care Programs MESSENGER

Be in the Know About Diabetes (November is American Diabetes Month)

When it comes to type 2 diabetes, there are a lot of “did-you-knows” about how to prevent it, and how to manage it if you have it.

Did you know . . .

Prediabetes can be reversed. About 1-in-3 American adults have prediabetes, and more than 84% of them don’t know it. Prediabetes means your sugar level is higher than normal, but it’s not high enough to be called diabetes. A healthy diet and exercise can help to lower your prediabetes risk.

Losing just five to ten percent of your body weight can help to delay or prevent type 2 diabetes. Eating what’s good for you and moving more can make all the difference! Plan meals ahead of time and make a list of fresh foods before you shop. Read food labels carefully for low-or-no sodium (salt) and sugar. Try smaller portions on a smaller plate. Stop eating fast, fatty foods. Turn to lean, skinless chicken and fish, plus non-starchy veggies, and whole grains. Swap sugary drinks for water. Skip candy for fruits. Break from TV or video games. Exercise by doing something that you enjoy: Take walks. Dance! Play soccer or tag. Adults: Aim for at least 30 minutes, three to five times per week. Kids: Move for 60 minutes daily.

Less than seven hours of restful sleep nightly can trigger higher *glucose (sugar)* levels. Overweight snorers are also at higher risk for diabetes. Snorers with diabetes may find their disease harder to control. When you’re tired, you likely won’t exercise. You might also reach for unhealthy snacks, leading to weight gain. Skip caffeine or heavy foods for six to eight hours before sleep. Cool down the room. Dim the lights. Gently stretch. Meditate, read, or drift off to music.

An eye exam sometimes finds diabetes early. Blurred vision *can* be a warning sign for type 1 or type 2 diabetes,



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The National Diabetes Prevention Program in Montana

National Diabetes Month is the perfect time to stop and think how you can help prevent type 2 diabetes for you and your loved ones. One proven way to delay or prevent type 2 diabetes is to join the National Diabetes Prevention Program (DPP). The **National** DPP is a proven lifestyle change program. Class members learn to eat healthfully and increase

although some with type 2 may not have this symptom. Vision returns to normal once blood sugars are controlled. Diabetes-related eye diseases include: a *cataract* (a clouding of the eye's lens); *glaucoma* (increased fluid pressure in the eye, which causes optic nerve damage and sometimes vision loss); and *diabetic retinopathy* (damage to the retina's blood vessels -- the leading cause of blindness in American adults). See your eye doctor for preventive check-ups (annually, or every two years, per their advice)! Expecting a baby? Plan an eye doctor visit during the first three months of pregnancy.

The Centers for Disease Control and Prevention (CDC) says that diabetes is the seventh leading cause of death in Montana. Each year, about 5,000 people in Montana are newly diagnosed with the disease. Be more "in the know" about preventing and managing diabetes with the [Montana Diabetes Program](#) through the Montana Department of Health and Human Services.

Sources include: www.clevelandclinic.com, www.diabetes.org, www.health.harvard.edu, www.myplate.gov, www.mayoclinic.com



Cold Weather Help Available

DPHHS has two programs to help low-income individuals with heating costs:

Weatherization – items to help make your home more energy efficient

[Weatherization Program](#)

LIEAP (Low Income Energy Assistance Program)

– Assistance with heating bills

[LIEAP Program](#)

Both homeowners and renters may apply for these programs

You may qualify automatically if your household receives

SNAP, SSI or TANF benefits

Ask for more information at your local HRDC Office, locations found here: [HRDC Offices](#)

exercise habits to help them lose weight. The program is:

- 12 months long – class members attend weekly sessions the first 6 months of the program. Class members attend monthly sessions the second 6 months of the program.
- A group-based program which provides support and accountability to all class members.
- A trained lifestyle coach leads all classes.
- For more information about the National DPP click [Here](#).

You may qualify for the Diabetes Prevention Program if your doctor has told you that you have prediabetes, or if you meet the program eligibility requirements below:

Program Eligibility:

Adults 18 years or older with a body mass index (BMI) of 25 or greater (23 or greater if Asian) **Plus one or more** of the following risk factors for heart disease and type 2 diabetes:

- Fasting glucose of 100-125 mg/dL
- A1C between 5.7% and 6.4%
- Blood pressure of at least 130/80 mmHg or treatment
- Triglycerides greater



Montana Asthma Home Visiting Program

The Montana Asthma Home Visiting Program (MAP) has changed the way it provides asthma education. The new way helps to protect the health and safety of families and the nurses who make the home visits.

Registered nurses trained in asthma education and asthma trigger removal make six home visits to a patient's home over a 12-month period. The nurses work closely with other healthcare providers to ensure better team-based care. Patients who complete the program report fewer emergency room visits & hospital stays and fewer missed school & workdays. Patients and families also experienced fewer symptoms and better asthma management. This is not a Montana Health Care Programs covered service. The good news is this is a FREE service from local MAP sites to patients in 25 counties throughout Montana.

In response to COVID-19, MAP sites use a combination of telephone and privacy protected video communication in place of face-to-face home visits. Contact information for MAP sites is found at <https://dphhs.mt.gov/asthma/astmahomevisiting>.

- than 150 mg/dL
- LDL cholesterol greater than 130 mg/dL or treatment
- HDL cholesterol less than 40 mg/dL for men, less than 50 mg/dL for women
- History of gestational diabetes mellitus
- Score 5 or more on the [Prediabetes Risk Test](#) Or, [Take the Prediabetes Risk Test](#)

Anyone who would like to learn more about the Diabetes Prevention Program or wants to sign up for a class, you can find program locations [Here](#), or call Sonja Tysk at (406) 444-0593.

For Medicaid members who qualify, the National Diabetes Prevention Program is a covered service.

If you have diabetes and want to learn more about how to take charge of it, Montana Medicaid also covers Diabetes Self-Management Education and Support (DSMES). Click [Here](#) for more information on DSMES.



New Covered Service for Depression

Effective October 1, 2020, Transcranial Magnetic Stimulation (TMS) is a covered service for Montana Medicaid members. TMS is painless and it may improve symptoms of depression that have not responded to other treatments. It is not surgery. This treatment may be helpful when other depression treatments have not been helpful enough.

Medicaid members who are interested in this service need to complete physical and psychiatric exams and discuss their options with a professional. This is to see if TMS is a safe and appropriate option. TMS must be provided by a Montana Medicaid licensed physician or psychiatrist who has the required training and equipment. The treatment takes place in a doctor's office or clinic and involves a series of sessions.

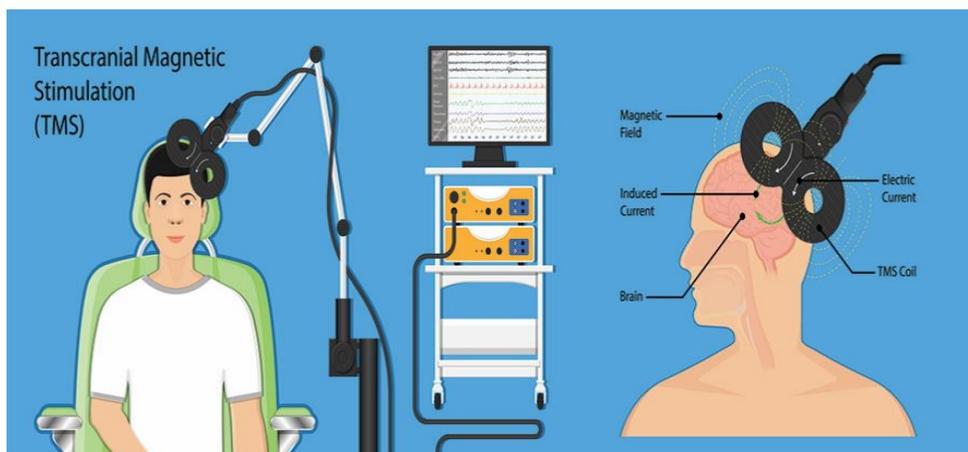
Members must meet medical need guidelines to receive this service and there are some situations when TMS is not covered.

For questions about this service, please contact the Addictive and Mental Disorders Division (AMDD) program officer at 406-444-4926.

For questions about billing and finding a provider, please call Medicaid Billing and Services at 1-800-362-8312.

Reference

Mayo Clinic. (2018, November 27). Tests & Procedures: Transcranial magnetic stimulation. Retrieved from <https://www.mayoclinic.org/tests-procedures/transcranial-magnetic-stimulation/about/pac-20384625>



Key Contacts

Medicaid/HMK Plus Member Help Line

For questions regarding benefits copayments, or Passport to Health:

1-800-362-8312

MT Healthcare Programs

Nurse First Advice Line

For questions when you are sick, hurt, or have health questions.

1-800-330-7847

MT NurseFirst

Montana Relay Service

For the deaf or hard of hearing.

1-800-253-4091 or 711

Montana Public Assistance Help Line

For eligibility questions.

1-888-706-1535

MT Public Assistance

Transportation Center

For questions regarding travel or approval. **Call before you travel, or you may not be reimbursed.**

1-800-292-7114.