

# Community Health ADVOCATES



## Care Coordination for Diabetes Management

The CareLink Regional Services for Better Self-Management of Diabetes (BSMOD) Program provides diabetes self-management training and care coordination services to uninsured/underinsured patients in Adair, Clark, Knox, Lewis, Linn, Macon, Putnam, Schuyler, Scotland, Shelby and Sullivan counties through member agencies of the Northeast Missouri Rural Health Network. These services are being funded by a three-year grant through the Missouri Foundation for Health.

\*BSMOD program developed to allow Type II diabetes patients a longer and better quality of life, while reducing costs for patients and society.

\*NMRHN currently working with 9 clinics and 11 health departments to incorporate the *American Diabetes Association* seven-question risk assessment as part of their initial office visit questionnaire. If found to be high risk, lab work is ordered.

\*Once diagnosed with Type II diabetes, the Diabetes Support Team (1 certified diabetes educator/registered dietitian and 1 registered nurse/care coordinator) conduct one-on-one sessions with patients to develop goals and care plan.

\*Patients are scheduled for three weekly, two-hour sessions (utilizing the *American Diabetes Association's* self-management training guidelines) which provide an overview of diabetes, nutrition therapy, exercise self-care exams, preventative care, and coping strategies.

\*Diabetes Support Team works closely with patients and providers to track glycemic and lipid controls, body mass index, and blood pressures.

\*Care coordination contacts are made weekly during the 1<sup>st</sup> month of participation, twice during the 2<sup>nd</sup> month, and monthly through the sixth month. Even if patients are doing well, an annual contact is needed.

\*Additional one-on-one sessions are provided to patients with special needs.

\*Transportation and prescription drug assistance are provided through NMRHN.

\*As needed, referrals are made to local exercise programs, eye and dental providers, and tobacco cessation resources.

**Please direct additional questions to:  
Northeast Missouri Rural Health  
Network**

117 W. Potter Avenue  
Kirksville, MO 63501  
660-665-0330 or 877-539-2227



**CareLink**

**CareLink - Linking Communities to Services**

117 W. Potter Avenue  
Kirksville, MO 63501  
660-665-3455 or  
877-539-2227 toll-free

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## Regional Prescription Drug Assistance Program Receives Attorney General's Praise

Attorney General Jay Nixon recently announced \$630,000 in grants to help local health organizations obtain the technology necessary to coordinate the prescription drug needs of hundreds of thousands of Missourians with dozens of free and reduced-cost drug programs offered by manufacturers. The funds are available as a result of a settlement with a national pharmaceutical company. Nixon indicated that programs like the **NMRHN Prescription Drug Assistance Program** are a good regional solution for helping the uninsured find and access the prescription drug benefits available from manufacturers. <http://ago.mo.gov/newsreleases/2008/021908.htm>

*"We are very excited by the results we've already seen: a regional project of this type in northeast Missouri generated more than \$1 million in free and reduced-cost prescription drugs in just two years."*

*~ MO Attorney General Jay Nixon  
2/19/08 news release*

## NMRHN Prescription Drug Assistance Program (NMRHN PDAP)

NMRHN PDAP was developed to assist in alleviating the plight of an ever-increasing number of patients who cannot afford prescription medication. Our staff can aid in determining if patients qualify for one or more of the programs listed below:

- (1) **Enrollment in pharmaceutical manufacturers'** patient assistance programs for free medications, regardless of age, if the company's income criteria are met;
- (2) **Obtaining generic prescriptions** when available through RxOutreach (which charges a nominal fee; and,
- (3) **Enrollment in the TogetherRx** drug discount card programs (to receive a 25-40% discount over retail costs).

The primary requirements to be approved for enrollment in these programs are:

- The applicant has no insurance coverage for outpatient prescription drugs or does not qualify for government-funded programs with prescription benefits (such as Medicaid).
- The applicant's income is at a level that causes a hardship when the patient is required to purchase the medication at retail cost.

To be accepted into these programs, the applicant's gross yearly income must fall within the limits established by the applicable company, which vary among pharmaceutical manufacturers. The total gross yearly household income (for all wage earners living in the home) includes salaries, social security, disability or veteran's benefits; pensions; alimony or child support payments; and interest earned on savings accounts, certificates of deposit, or individual retirement accounts.

NMRHN PDAP staff will conduct a free screening to help determine eligibility. To be assisted with enrollment forms a **yearly** household membership fee of \$15 is charged, plus a \$7.50 processing fee for each medication requested (3 or 6 months supply).

Family Size	Free Meds 200%	Generic Meds 250%	Discount Card 300%
1	\$20,800	\$26,000	\$31,200
2	\$28,000	\$35,000	\$42,000
3	\$35,200	\$44,000	\$52,800
4	\$42,400	\$53,000	\$63,600
5	\$49,600	\$62,000	\$74,400
Over 5 add per child	\$ 7,200	\$ 9,000	\$10,800

*Normal income requirements for the various programs  
(based on percentages of the federal poverty guidelines)*

**Call NMRHN at 660-665-0330 or 877-539-2227 for more information.**

**Telehealth** offers a new way of delivering existing services, so patients receive necessary health care without the inconvenience and high cost of travel. Using videoconferencing equipment, patients are able to remain in their own community while consulting with specialists at another site, almost as if they were in the same exam room



**The NEMO Telehealth Network recently equipped and connected the following sites with interactive videoconferencing equipment, a document camera, and a patient exam camera.**

<p><b>A. T. Still University - Gutensohn Clinic</b> 800 W. Jefferson Kirksville, MO 63501 Contact: Debra Kelly 660.626.2182 <a href="http://www.atsu.edu">www.atsu.edu</a></p>	<p><b>Cleaver Dermatology Clinic</b> 800 W. Jefferson Kirksville, MO 63501 Contact: Andrea Foust 660-626-2191</p>	<p><b>Kahoka Medical Clinic</b> 103 E. Commercial Street Kahoka, MO 63445 Contact: Heidi Mathes 660.727.3377</p>
<p><b>Lancaster Medical Services</b> Hwy. 63 N Lancaster, MO 63548 Contact: Kristin Seaton 660.457.3655</p>	<p><b>Marceline Community Health Center</b> 225 W. Hayden, Ste. 200 Marceline, MO 64658 Contact: Brenda Allen 660.376.2038</p>	<p><b>Mark Twain Area Counseling Center</b> 105 Pfeiffer Avenue Kirksville, MO 63501 Contact: Michelle Ewing-Combs 660.665.4612 <a href="http://www.mtacc.org">www.mtacc.org</a></p>
<p><b>Mark Twain Area Counseling Center</b> 917 Broadway Hannibal, MO 63401 Contact: Sumer Bliss 573.221.2120 <a href="http://www.mtacc.org">www.mtacc.org</a></p>	<p><b>Northeast Missouri Telehealth Network</b> 117 W. Potter Avenue Kirksville, MO 63501 Contact: Megan Buford 660.665.0330 <a href="http://www.nmrhn.org">www.nmrhn.org</a></p>	<p><b>Northeast Missouri Family Health Clinic</b> 100 E. Jackson Edina, MO 63537 Contact: Melissa Yoakum 660.397.3517 <a href="http://www.nmhcinc.org">www.nmhcinc.org</a></p>
<p><b>Northeast Regional Specialty Clinic</b> 800 W. Jefferson Kirksville, MO 63501 Contact: Sherri Harper 660.626.2189</p>	<p><b>Preferred Family Healthcare</b> 900 East LaHarpe Kirksville, MO 63501 Contact: Donna Steele 660.665.1962 <a href="http://www.pfh.org">www.pfh.org</a></p>	<p><b>Scotland County Memorial Hospital</b> Rural Route 1, Box 53, Sigler Street Memphis, MO 63555 Contact: Donna Small 660.465.8511 <a href="http://www.scotlandcountyhospital.com">www.scotlandcountyhospital.com</a></p>
<p><b>Truman State University Speech &amp; Hearing Clinic</b> 222 Barnett Hall Kirksville, MO 63501 Contact: Paula Cochran 660.785.7414 <a href="http://comdis.truman.edu">http://comdis.truman.edu</a></p>	<p><b>Twin Pines Adult Care Center</b> 316 S. Osteopathy Kirksville, MO 63501 Contact: Thracie Burns 660.665.2887</p>	

**Previously existing Missouri Telehealth Network sites in northeast Missouri include:**

<p><b>Loch Haven Nursing Home</b> 701 Sunset Hills Drive Macon, MO 63552 Contact: Lea Apel 660.385.3113 <a href="http://www.lochhaven.com">www.lochhaven.com</a></p>	<p><b>Pershing Memorial Hospital</b> 130 East Locklin Avenue Brookfield, MO 63628 Contact: Debra Frazier 660.258.2222 <a href="http://www.pershinghealthsystem.com">www.pershinghealthsystem.com</a></p>	<p><b>Putnam County Memorial Hospital</b> 1926 Oak Street Unionville, MO 63565 Contact: Jay Bronk 660.947.2411 <a href="http://www.pcmhosp.com">www.pcmhosp.com</a></p>
<p><b>Samaritan Memorial Hospital</b> 1205 N. Missouri Street Macon, MO 63552 Contact: Deana Quinly 660.385.8700 <a href="http://www.samaritanhospital.net">www.samaritanhospital.net</a></p>	<p><b>Sullivan County Memorial Hospital</b> 630 W. Third Street Milan, MO 63556 Contact: Janice Otto 660.265.4212</p>	

***Funding for this three-year NEMO Telehealth Network project was provided in part by the Missouri Foundation for Health. — a philanthropic organization whose vision is to improve the health of the people in the communities it serves.***

## ***Community Education Via Telehealth***

The community is welcomed to use local telehealth sites for scheduled health education programming. If you would like to attend but don't see a telehealth site near you listed, call NMRHN to see if we can schedule it on your behalf.



**NEMO**  
**Telehealth Network**

Call 660-665-0330 or Toll Free 877-539-2227

### ***April 2, 2008 - What is Diabetes?***

Presenter: Sarah Eber, RD CDE

11:00 a.m., NMRHN Conference Room, 117 W. Potter, Kirksville and broadcast via telehealth to:

- Samaritan Hospital in Macon
- Putnam County Memorial Hospital in Unionville
- Northeast Missouri Family Health Clinic in Edina
- Scotland County Memorial Hospital in Memphis

### ***April 18, 2008 - Headaches/Migraines***

Presenter: Dr. Barry Robbins

11:00 a.m., NMRHN Conference Room, 117 W. Potter, Kirksville and broadcast via telehealth to:

- Northeast Missouri Family Health Clinic in Edina
- Mark Twain Area Counseling Center in Hannibal
- Kahoka Medical Clinic
- Marceline Community Health Center

### ***May 15, 2008 - Shingles Vaccine***

Presenter: Dr. David Lardizabal

11:00 a.m., NMRHN Conference Room, 117 W. Potter, Kirksville and broadcast via telehealth to:

- Scotland County Memorial Hospital in Memphis
- Lancaster Medical Services
- Loch Haven Nursing Home in Macon

## ***Getting Health Care Appointments Via Telehealth***

The appointment takes place from the comfort of your local telehealth site, however your provider (at a distance) must authorize this method. S/he will work with the local receiving site to schedule the appointment — thus saving you the time and cost of travel. A local telehealth site coordinator will accompany you throughout the appointment and manage the equipment according to the providers instructions. All you need to do—is speak loudly and clearly!

***...so, ask your doctor if Telehealth is right for you!***

