



Dear Member,

Healthstat and the PCPS Employee Health Clinic team are excited to announce the newly designed ABCs of Diabetes Program, a voluntary program available to you at no cost! You will learn how to manage your diabetes through meal planning, physical activity, medication management, and more! The ABCs of Diabetes Program is designed to support healthy glucose management practices and is customized to fit your needs. Your Healthstat team will work with you one-on-one and guide you through self-management behaviors and national standards for diabetes care.

Effective January 1, 2020, the ABCs of Diabetes Program will be administered by Healthstat, your trusted manager of both PCPS Employee Health Clinics. In addition, Jordan Schultz and Jazmine DiCristo are now employed by Healthstat as Health & Wellness Coaches and will help facilitate the program, along with Ashley Cicchirillo, your Registered Dietitian, Certified Diabetes Educator and Healthstat employee. This change in program management from PCPS to Healthstat will ensure your privacy is protected to the greatest extent and your care is provided in a seamless and effective manner!

The ABCs program is completely voluntary, and a wellness incentive is available to all participants in the program. However, as a participant in the program, there are certain requirements that must be met in order to receive the wellness incentive. With Healthstat assuming responsibility of administering the ABCs program, modifications to previous requirements have been made that we believe will enhance your knowledge, skills and management of diabetes. In addition, the new requirements provide more flexibility for you as a participant!

What is the wellness incentive?

- The wellness incentive includes drugs and supplies covered at 100% for participation in the program and this list not only includes medications and supplies for diabetes, but also hypertension, high cholesterol and other chronic conditions! Please see “Wellness Incentive Information” for more details.
- ABCs of Diabetes facilitators are Jordan Schultz, CHES, Jazmine DiCristo, CHES, and Ashley Cicchirillo, RDN, CDE. (*CHES: Certified Health Education Specialist; RDN: Registered Dietitian Nutritionist; CDE: Certified Diabetes Educator*)

What are the requirements for the ABCs of Diabetes Program?

- **Participation Requirements will include the following:**
 1. **Annual ABCs comprehensive exam:** The annual ABCs Comprehensive Exam must be completed at one of the PCPS Employee Health Clinics (Lakeland or Haines City), however more frequent utilization of the clinic is always encouraged, as needed. This must be completed within one (1) year of enrollment date. Appointments fill up fast, so schedule your appointment in a timely manner by calling the Employee Health Clinic at (863) 419-3322.
 2. **Labs and Vitals:** Labs and vitals must be completed every six (6) months and can be done in the Employee Health Clinic at no cost! Appointments fill up fast, so schedule your visit in a timely manner by calling the Employee Health Clinic at (863) 419-3322. Height, weight, waist circumference and blood pressure can also

be completed during your education and coaching session with Jordan, Jazmine or Ashley. The following labs and vitals must be completed:

- Fasting Blood Glucose
- Hemoglobin A1c (HbA1c)
- Height
- Weight
- Blood Pressure
- Waist Circumference

If you have labs and/or vitals completed at a healthcare provider/physician outside of the PCPS Employee Health Clinics, please have their office fax the results to (855) 777-2344 or bring a copy of your lab work to the Employee Health Clinic. The first set of labs must be completed within six (6) months of enrollment date.

3. **Education and Coaching sessions with the Healthstat team:**

- Participants enroll in the Education and Coaching component with the Healthstat team on an ongoing basis. This means that sessions will continue into 2021 and beyond.
- Education and Coaching sessions are now combined into an individual appointment that must be completed once per calendar quarter. Please see the timeline below. Additional sessions are available and encouraged!
- Sessions will take place at the PCPS Employee Health Clinic; however telephonic options may be available. Please contact Jordan, Jazmine or Ashley to discuss options.
- What if I miss a quarter? You will lose your wellness incentive until you have completed your visit.
- To schedule an appointment with Ashley Cicchirillo, RDN, CDE, please call the clinic at **(863) 419-3322**. To schedule an appointment with Jordan Schultz, CHES or Jazmine DiCristo, CHES, please call their office at **(863) 648-3057**.

Quarter	Date Range for each quarter
Q01	January 1 – March 31
Q02	April 1 – June 30
Q03	July 1 – September 30
Q04	October 1 – December 31

• **Wellness Incentive Information**

- Participation in the ABCs of Diabetes Program is completely voluntary. Once enrolled in the ABCs of Diabetes Program, you will receive the wellness incentive; however, compliance with the above requirements will be monitored on a quarterly basis and the removal process for not following the requirements will become effective January 1, 2020.
- Participants that do not meet the Education and Coaching requirements will lose the wellness incentive. If you lose your wellness incentive, you still have an opportunity to participate by contacting Jordan Schultz or Jazmine DiCristo and completing a visit at the PCPS Employee Health Clinic. Please make every effort to keep appointments with your Healthstat coach. It is your responsibility to remember your appointment and to notify the appropriate person if you need to reschedule.

Healthstat is excited to continue the ABCs of Diabetes Program for PCPS employees and their dependents on the health plan! If you have any questions or concerns, please do not hesitate to call Jordan Schultz or Jazmine DiCristo at **(863) 648-3057**. We look forward to hearing from you!

In Good Health,

Jordan Schultz, CHES

Jazmine DiCristo, CHES

Ashley Cicchirillo, RDN/CDE