Providers can help improve outcomes for their patients with diabetes by taking the following actions:

1. Refer Patients to Diabetes Self-Management Education (DSME)
2. Refer Patients to Oral Health Care Providers
3. Refer Patients to Chronic Disease Self-Management Education Programs (CDSME)
4. Coordinate Care for both Mental and Physical Health
5. Emphasize Hypertension Control
Diabetes Education Resources

- DSME Reimbursement for Medicare
- DSME Reimbursement for Medicaid
  Contact Alexandro Pow Sang at the Washington State Department of Health at (360) 236-3750 or alexandro.powsang@doh.wa.gov
  [www.doh.wa.gov](http://www.doh.wa.gov)
- Diabetes Education and Prevention Program Referrals
  [http://WIN211.org/](http://WIN211.org/) or dial 211, or contact the Washington Association of Diabetes Educators
  [www.wadepage.org](http://www.wadepage.org)
- Find a Diabetes Educator
  [www.diabeteseducator.org/](http://www.diabeteseducator.org/)

Self-Management Resources (CDSME)

- Find a Licensed CDSME Program in Your Area
  [www.patienteducation.stanford.edu/organ/cdsitewashington.html](http://www.patienteducation.stanford.edu/organ/cdsitewashington.html)
- Living Well
  [www.livingwell.doh.wa.gov](http://www.livingwell.doh.wa.gov)

Oral Health Resources

- Smiles for Life
  [www.smilesforlifeoralhealth.org](http://www.smilesforlifeoralhealth.org)
  An educational resource for providers to help with integration of oral health and primary care.
- National Diabetes Education Program: Pharmacy, Podiatry, Optometry, and Dentistry Toolkit
  [www.cdc.gov/diabetes/ndep/ppod.htm](http://www.cdc.gov/diabetes/ndep/ppod.htm)
  This toolkit helps providers collaborate with the care team.
- Dental Tips for People with Diabetes
  [www.nidcr.nih.gov/oralhealth/topics/diabetes](http://www.nidcr.nih.gov/oralhealth/topics/diabetes)
  Oral health resources in English and Spanish for patients with diabetes.
- Finding Dental Care
  [www.doh.wa.gov/YouandYourFamily/OralHealth/FindingDentalCare](http://www.doh.wa.gov/YouandYourFamily/OralHealth/FindingDentalCare)
  Resources for helping patients find dental care.
- Living with Diabetes
  A brochure to help patients with diabetes understand why good oral health is an important part of managing their diabetes.

Mental Health Resources

- Screening, Brief Intervention and Referral to Treatment
  [www.wasbirt.com/content/clinical-resources](http://www.wasbirt.com/content/clinical-resources)
  Clinical SBIRT resources including tools, clinic posters, training, reimbursement guidance, and more.
- Clinical Practice Mental Health Screening Tools
  Tools for screening for a variety of mental health problems.

Evidence-Based Guidelines

- American Diabetes Association: Standards of Medical Care in Diabetes

Hypertension Resources

- Improving the Screening, Prevention, and Management of Hypertension
  [www.doh.wa.gov/hypertension](http://www.doh.wa.gov/hypertension)
  An implementation tool for clinic practice teams.
- Improving Blood Pressure Control
  The [2015 M.A.P. for Improving BP Control](http://millionhearts.hhs.gov/resources-action-guides.html)
The American Medical Association Resources. (log-in required)
- Million Hearts Action Guide Series
  Evidence-based strategies for improving cardiovascular health.

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711).