



The Point

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Making diabetes care better, less frustrating and more fun since 2008

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SPANISH DIABETES EDUCATION GROUP RE-STARTING

After a long hiatus, we are bringing back **inperson Spanish diabetes group education!** The curriculum includes topics of glycemic goals and medications, preventing complications, healthy eating, and coping/stress reduction. Patients and their caregivers are welcome.

Please refer via eConsult. Groups will be held on **Tuesdays from 2-4 p.m.** on: October 4 and 18, November 1 and 15

CHEFS-DM STUDY ENROLLING

UCSF researchers are inviting referrals to the **Changing Health Through Food Support for Diabetes (CHEFS-DM) study**--to see how people with type 2 diabetes may benefit from diabetes-tailored meals/groceries and diabetes nutrition information.

Study details:

- All participants will receive at least 12 months of food support through Project Open Hand
- Some will also receive four nutrition education groups and two 1:1 visits with a registered dietician
- Participants will undergo 2-3 assessments over 6-12 months including surveys, physical examination and blood draws, and paid \$170-\$310 depending on the

number of assessments completed

Eligibility:

Type 2 diabetes, food insecurity, over 18 years old, A1C > 7%, English or Spanish speaking, live in San Francisco or Alameda counties, have adequate cognitive and hearing capacity to complete assessments, have facilities to store and prepare food

Exclusion:

Type 1 diabetes, CKD stage 4/5 or on dialysis, pregnant or within 6 months postpartum or breastfeeding, currently receiving or have received Project Open Hand services within the last 6 months

See attached information: [provider reference sheet](#), [referral form](#), [English/Spanish patient postcards](#), [English poster](#), [Spanish poster](#). Referrals welcome! Questions, contact: Asher.odonnell@ucsf.edu, jesus.gil@ucsf.edu or luis.gay@ucsf.edu

ACCU-CHEK GUIDE VS. GUIDE ME METER

Medi-cal Rx covers a variety of glucometer brands-- Accu-chek Guide Me, Contour, True Metrix, etc. and the talking Prodigy meter--but not the Accu-check Guide which is most familiar to staff and patients because it was previously covered by SFHP medical and currently preferred by Healthy San Francisco.

Accu-chek Guide and Guide Me meters both use the same Guide test strips, it's just the meters that are slightly different, and Medi-cal Rx only covers Guide Me, not Guide. The Guide Me meter text is in large print, but only in English. The Guide meter has smaller text, but can be programmed in multiple languages.

So to summarize:

- **Existing users** who already have Guide meters can continue getting Guide test strips + softclix lancets from the pharmacy under Medi-cal Rx. If the Guide meter is lost, patients can call Roche customer service at 1-800-858-8072 to request a replacement Guide meter specifically
- **New starts who have Medi-cal Rx** should be prescribed the **Guide Me** meter + Guide test strips + softclix lancets
- (Medicare continues to cover the Guide meter and others; HSF continues to cover the Guide meter)

DPP HIRING

We have been referring patients to the YMCA's Diabetes Prevention Program for a few years with lots of great feedback from participants. DPP is a nationally certified program with a patient-centered curriculum on intensive lifestyle support to reduce the risk of diabetes.

YMCA's DPP now has an opening for a **part-time bilingual (Spanish/English) Intake Coordinator & Lifestyle Coach**. Seeking applicants who have 3+ years experience in behavior change or small group facilitation. The position is remote/in-person in the Bay Area for 8 hrs/wk. See [job announcement](#) for more information.



sfghdiabetes.org

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