Creighton Diabetes Mellitus Risk Reduction Program (DMRRP)

Frequently Asked Questions (FAQ)

What are the eligibility criteria for the program?

To be eligible for program, participants must meet all of the following criteria:

- 18 to 65 years of age
- Employee of Creighton University
- Enrolled in Creighton University’s healthcare benefit plan
- Have an existing diagnosis of diabetes
- Use the Creighton University Medical Center Clinic Pharmacy for prescription medications or willingness to transfer prescriptions

How do I sign up for the program?

All interested and potentially eligible participants should contact the Clinical Director, Tom Lenz, PharmD, either by email (tlenz@creighton.edu) or by phone (280-3144) for a brief telephone screening. Participants should provide their name, Creighton phone number and email address.

How are participants selected for the program?

15 new individuals who meet the eligibility criteria will be enrolled at this time. The sign-up and screening process will take place between March 15-23, 2011. All individuals who are interested and who meet the eligibility criteria will be placed on the “Eligible Participants” list. If more than 15 individuals are on this list, the participants will be randomly selected.

When will the program begin?

This specific DMRRP program will officially begin on March 31, 2011 with a group participant meeting from 12 noon to 1:00 p.m. in the Harper Center, Room 2066. Individual appointments will then begin the week of April 11th. Other programs are planned to begin at a later date.
What is an ambulatist?

An ambulatist is a health care provider who specializes in lifestyle medicine, medication therapy management and care coordination. The ambulatists for the DMRRP are state licensed pharmacists with post graduate training in diabetes and lifestyle medicine.

What are some of the program benefits?

• Assistance with the coordination of your health care needs.
• Personalized education specific to your health care needs.
• Medication therapy optimization by a pharmacist.
• Nutrition meal planning by a dietitian.
• Exercise programming by a certified exercise specialist.
• Eight hour diabetes education class.
• Each participant’s primary care physician will receive notice of participation and updates on health information and progress.
• Participants will receive their blood glucose monitoring supplies at no cost.
• Creighton University will pay for participant’s to use the exercise facilities at the Kiewit Fitness Center, the FitNest (Harper Center) or The Creighton Cardiac Center.
• Participants will have their cardiovascular risk assessed and monitored throughout the program via hemoglobin A1C, blood pressure, heart rate, blood glucose, cholesterol, body mass index, and waist circumference measurements.
• Individual eating plan.
• Individual physical activity program.
• Individual stress reduction program.
• Individual sleep success program.
• Individual weight loss plan (if needed).
• Tobacco cessation program (if needed) (Provided by The Cardiac Center of Creighton University Medical Center’s Tobacco Treatment Program).
• Each participant will receive a home blood pressure monitor.
• Each participant will receive the Lifestyle Journal to track their progress.
• Each participant will receive a pedometer.
• Each participant will receive take home educational materials.
• Each participant will have access to a support group specifically for this program.
• Each participant will receive a monthly program newsletter.

Is there a fee for participating in the program?

No. The program is free charge to the participants and has an estimated value of approximately $2200 per participant per year.

How do I retain the program benefits?

The program benefits will be retained for as long as the program adherence criteria are met.
How is program adherence defined?

Participant adherence is defined as:

- □ 100% adherence for attending monthly ambulatist appointments
- □ Participation in purposeful exercise (monitored via Lifestyle Journal)
- □ Use of the Lifestyle Journal
- □ Continue to meet program eligibility criteria

What is the length of the program?

The philosophy of this program is that there is a start date, but not an end date. Participants can be in the program for as long as they wish.

How often will I meet with the ambulatist?

Monthly.

Is the program voluntary?

Yes. The program is completely voluntary and those taking part in the program can withdraw at any time.

Is my personal health information shared with Creighton University Human Resources or with United Healthcare?

No. Human Resources will know that you are participating in the program but will not have access to your personal health information that is collected while you are in the program. All information will be kept confidential between the Medical and Clinical Directors and your primary care physician.

Where are the appointments located?

There are three locations on the Creighton University campus for this program. These locations include the Kiewit Fitness Center (rm 102), the CUMC Clinic Pharmacy, and The Cardiac Center of Creighton University.

What are the days and times for the appointments?

Appointments will be made Monday – Friday during normal business hours.

Do participants need to use the exercise facilities here on campus?
No. Participants are encouraged to exercise when and where it is most convenient for them.

**Will my doctor need to provide permission for me to participate in the program?**

Yes. We will be contacting your physician to obtain permission for you to participate.

**Are spouses or family members of Creighton employees eligible for the program?**

No. Not at this time.

**Do I need to have Creighton’s health insurance to be eligible?**

Yes. Creighton University is committed to your personal health and well being. The University understands that since we are a self insured organization, the best way to decrease insurance rates for ourselves is to try to prevent diseases from initially occurring. We believe programs such as this are a significant step towards preventing disease, improving overall health and well being, and decreasing our own medical costs.

**Who do I contact if I have specific questions about this program?**

Tom Lenz, PharmD  
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280-3144  
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