

Living In Balance

Fond du Lac Human Services Diabetes Newsletter

Spring 2012



Life With Diabetes Workshops

This workshop covers the basics of diabetes. If you attended in the past, the information will be a review.

Topics: What is Diabetes · Healthy Habits
Complications · Medications · Monitoring
Sick Days · Meal Planning · Stress & Coping
Activity · Goal Setting

Thursday, May 3rd 8:30—4:00 MNAW

Space is limited to 50 people

Register by Friday, April 27th

Thursday, May 10th 8:30—4:00 CAIR

Space is limited to 12 people

Register by Friday, May 4th

**To register call Amanda at 878-3731 OR
Jenn at 878-2146**

Breakfast, Lunch & Incentives* included



**Incentives will not be given unless the whole workshop is completed. Must have a diagnosis of diabetes & be eligible for services at FDL.*

Beyond the Basics Workshop



We are pleased to have Conrad Ross who is a Physician's Assistant in Gastroenterology at Essentia Health—Duluth Clinic present on Diabetes and Liver Disease at this workshop. You can also look forward to learning about the Mediterranean Diet.

Thursday, May 17th 8:30—12:00 MNAW

Space is limited to 50 people

Register by Friday, May 11th

**To register call Amanda at 878-3731 OR
Jenn at 878-2146**

Breakfast & Incentives* included



**Incentives will not be given unless the whole workshop is completed. Must have a diagnosis of diabetes OR prediabetes & be eligible for services at FDL.*

Fraud Alert for People with Diabetes

Criminals who plot to defraud the Government and steal money from the American people have a new target: people with diabetes. Although the precise method may vary, the scheme generally involves someone pretending to be from the Government, a diabetes association, or even Medicare, calling you. The caller offers "free" diabetic supplies, such as glucose meters, diabetic test strips, or lancets. The caller may also offer other supplies such as heating pads, lift seats, foot orthotics, or joint braces, in exchange for the beneficiaries' Medicare or financial information, or confirmation of this type of personal information. Additionally, you may receive items in the mail that you did not order.

The call is a scam. If you receive such a call, the Office of Inspector General (OIG) recommends the following actions:

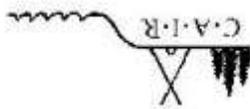
1. Protect Your Medicare and Other Personal Information

Do not provide your Medicare number or other personal information. Be suspicious of anyone who offers free items or services and then asks for your Medicare or financial information. These calls are not coming from Medicare, diabetes associations, or other similar organizations. While the caller says the items are "free," the items are still billed to Medicare. Once your Medicare information is in the hands of a dishonest person or supplier, you are susceptible to further scams. Alert others about this scheme, and remind them not to provide strangers Medicare numbers or other personal information.

Continued →

www.fdlirez.com/HumanServices/medical/diabetes/main.htm

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Fraud Alert for People with Diabetes—*continued*

2. Report the Call to Law Enforcement

Report the call to the OIG Hotline at 1-800-HHS-TIPS or online at www.OIG.HHS.gov/fraud/hotline. As part of your report, provide the name of the company that called you, the company's telephone number and address, and a summary of your conversation with the caller.

3. Check Your Medicare Summary Notice and Medicare Bills

Check your Medicare Summary Notice and other medical information to see if you were charged for items you did not order or did not receive. Also, check for items that were billed multiple times, such as glucose meters, diabetes test strips and lancets, and other supplies. Report any irregular activity to your health care provider and the OIG Hotline at 1-800-HHS-TIPS or online at www.OIG.HHS.gov/fraud/hotline.

4. Do Not Accept Items That You Did Not Order

You are under no obligation to accept items that you did not order. Instead, you should refuse the delivery and/or return to the sender. Keep a record of the sender's name and the date you returned the item(s) to help OIG catch any future illegal billing.

The Department of Health and Human Services, Office of Inspector General (OIG) fights fraud in Government programs. As part of this effort, the OIG relies upon alert citizens to help them catch those who steal from American taxpayers.