



Group Lifestyle Approach to Diabetes: A New Approach to Diabetes and Wellness

The GLAD program is designed specifically for individuals with Type I or Type II diabetes. ***Group Lifestyle Approach to Diabetes*** is committed to supporting the development of lifelong habits of wellness while balancing diabetes.

GLAD is designed to help you meet your health goals and save on out-of-pocket medical expenses. With your smart phone, please scan the QR code to open the list of diabetic supplies and medications available to you at no cost.



Getting Started

Your first step is to schedule an appointment to meet with your Wellness Center provider to review your diabetic history. Simply call, our Wellness Center Concierge Line at **(317) 838-WELL (9355)**. Our helpful navigators can schedule an appointment time at one of our five convenient locations, Avon, Brownsburg, Danville, Indianapolis, or Plainfield.

What to bring to your appointment

- Photo ID
- Insurance card
- Medications in original containers or a list complete with dosage



Patient Commitment to GLAD

Patient Name: _____ **DOB:** _____ **MRN:** _____

Employer Partner: _____ **HRH Team Member:** _____ **(Initials)**

By committing to the following, you will receive your diabetic medications, supplies and support at no cost, in accordance with your employer's formulary benefits and the GLAD program guidelines.

- I am committing to an appointment with a Wellness Center provider every 3 months to discuss my diabetes. This visit may be virtual or in-person. I understand that these quarterly visits are required for this program regardless of having an outside provider manage my diabetes.
- If my A1c does not improve as expected despite the treatment plan, I may be required to increase the frequency of my visits with a Wellness provider and/or required to schedule and keep scheduled appointments with a wellness coach to help improve my health.
- If my diabetes is being managed by a provider outside of the Wellness Center, I will sign a Release of Information for my records to be shared with the Wellness Center.
- I give permission to the Wellness Center staff to access my Epic chart to monitor compliance with the program, and to contact me with reminders for appointments, refills, or other care needs.
- With the goal of identifying opportunities and tips to help me feel my best, I will share my blood sugar logs/results with the wellness center provider, if requested.
- I will have labs drawn at the Wellness Center to assess my blood sugar, as well as complete a urine test to ensure my kidneys are in good health, if requested by the wellness center provider.
- I am committed to annual eye exams by a qualified provider to help detect diabetic retinopathy to prevent major vision loss. (This service is not provided by the Wellness Center but is arranged by our team. I also understand the eye exam will be billed to my health insurance; co-pays and/or deductibles may apply.)
- I will create healthy lifestyle goals with my provider which may include, but are not limited to exercise, healthy eating, stress management and tobacco cessation (if applicable).
- If my A1c is in the normal range for two consecutive readings, I understand that the GLAD program requires an attempt to decrease or stop medication. If I choose to maintain on medications at this point, they will no longer be covered through the GLAD program. Medications and supplies that are no longer covered by GLAD will be sent to a local pharmacy, and it will be my responsibility for the cost.
- I understand that I am eligible to work with a wellness coach to achieve healthy lifestyle goals, at no additional cost.
- I will pick up my GLAD medications and supplies within 7 business days of being contacted by the Wellness Center team. If I don't, I will be considered non-compliant and will be excused from the GLAD program.

Patient Signature: _____ **Date:** _____