# Meet the DiaBuddy Service Provider (DSP)

Diabetes Foundation | Find education, guidance and support

**30 MINUTES**

Explore resources

**30 MINUTES**

Open dialogue with your DSP

**ONE PURPOSE**

A better quality of life

# DoIHavePrediabetes.org

Start with the free one-minute risk test.

### TAKE A MINUTE

Open the official test on your own device.

### KEEP IT PRIVATE

Your answers and score belong to you.

### NEXT STEP

Discuss a high-risk result with a healthcare professional.

**Know your risk. Take the first step.**

Sources: Prediabetes risk test · CDC: Lifestyle change program

# Support has more than one doorway

Diabetes Foundation is based in New Jersey.

### GUIDANCE

Help finding diabetes-care resources.

### EDUCATION

Free workshops and practical learning.

### ASSISTANCE

Selected programs have residency and need requirements.

Sources: Diabetes Foundation: Guidance · Diabetes Foundation: Education · Diabetes Foundation: Financial assistance

# Education that fits everyday life

Explore the Foundation’s workshops and calendar.

**LEARN**

Meal planning, activity and diabetes-management topics.

**CONNECT**

Look for a workshop or support opportunity.

**REGISTER**

Use the Foundation’s own event instructions.

Sources: Diabetes Foundation: Education

# Walkthrough | Find the right doorway

Guidance → resource → official next step.

### 1 · OPEN GUIDANCE

Choose the diabetes or prediabetes resource route.

### 2 · FIND A NEED

Education, supplies, affordability or support.

### 3 · ASK THE FOUNDATION

Call 201-444-0337 or use the official contact page.

Sources: Diabetes Foundation: Guidance

# Assistance is a bridge, not a promise

Review the current rules with the Foundation.

### MEDICATION SUPPORT

Short-term help for qualifying New Jersey residents.

### SUPPLY SUPPORT

Emergency supplies for eligible uninsured or underinsured NJ residents.

### OFFICIAL REVIEW

Use the program’s application and documentation requirements.

Sources: Diabetes Foundation: Financial assistance · Diabetes Foundation: Supply assistance · Diabetes Foundation: Medication assistance

# Choose one source of support

Start with the need that matters most.

**UNDERSTANDING**

Identify one topic you want explained.

**CONNECTION**

Choose one guide, workshop or support group.

**ACCESS**

Confirm the application route and your next question.

# A prevention option to explore

CareSync attendee offer • eligibility applies

### YEARLONG SUPPORT

DPP focuses on sustainable lifestyle changes.

### $100 ANNUALLY

Or $10 per month; 12 payments total $120.

### ASK BEFORE ENROLLING

Confirm eligibility, delivery, coaching and what is included.

**Delay the onset and reduce the risk of type 2 diabetes with prevention.**

Sources: CDC: Lifestyle change program

# Concierge Care begins with listening

Your DSP helps you choose and organize a next step.

### YOUR PRIORITY

What would make everyday life easier?

### YOUR CONNECTION

A useful resource, care team or program.

### YOUR FOLLOW-THROUGH

One action, one owner and a date to reconnect.

# Let’s open the conversation

We have 30 minutes reserved for you.

**ASK**

What is still unclear?

**SHARE**

What gets in the way?
Keep details general.

**CHOOSE**

What support would you like next?

**Education → Dialogue → A personal next step**

# 30–35 minutes | What matters most?

A short listening round.

### START HERE

“What brought you here today?”

### ONE PRIORITY

Cost • understanding • daily routine • support

### A LITTLE SPACE

One minute per person; passing is welcome.

# 35–45 minutes | Questions & barriers

Explore the resource that fits the need.

### CLARIFY

What part of the process feels difficult?

### MAKE IT PRACTICAL

What would help: a link, explanation or introduction?

### INVITE THE DSP

Who can help with the next step?

# 45–55 minutes | Make a next-step plan

A small plan you can follow.

### ONE ACTION

Choose a manageable first step.

### ONE OWNER

You, the DSP, a resource program or your care team.

### ONE CHECK-IN

Agree on a realistic follow-up date and channel.

# 55–60 minutes | Leave with a connection

Resources, reassurance and a next step.

**RECAP**

What is the one thing you are taking away?

**FOLLOW UP**

Request a private conversation with your DSP.

**STAY CONNECTED**

PharmDConcierge.com/v-events/

**Ken Sternfeld, Registered Pharmacist • ken@caresyncconcierge.com**

# Official resources

Reference slide • outside the 60-minute agenda

**Prediabetes risk test**
https://doihaveprediabetes.org/take-the-risk-test

**CDC: Lifestyle change program**
https://www.cdc.gov/diabetes-prevention/lifestyle-change-program/index.html

**Diabetes Foundation: Guidance**
https://diabetesfoundationinc.org/services/guidance/

**Diabetes Foundation: Education**
https://diabetesfoundationinc.org/services/education/

**Diabetes Foundation: Financial assistance**
https://diabetesfoundationinc.org/services/financial-assistance/

**Diabetes Foundation: Supply assistance**
https://diabetesfoundationinc.org/services/financial-assistance/supplies/

# Official resources

Reference slide • outside the 60-minute agenda

**Diabetes Foundation: Medication assistance**
https://diabetesfoundationinc.org/services/financial-assistance/medication/