



January 5, 2024

### KHS Diabetes Empowerment Education Program

Dear Provider,

Kern Health Systems (KHS) continues to strive to provide member wellness and prevention programs that are evidence-based and will provide Kern Family Health Care (KFHC) members knowledge and tools to self-manage chronic conditions. As part of this commitment, KHS will be providing the Diabetes Empowerment Education Program, a new program for members with or at-risk of developing Diabetes Type 2.

#### Diabetes Empowerment Education Program (DEEP)

DEEP is a comprehensive educational program designed to empower individuals living with diabetes. This program consists of 8 modules that will be presented in 6 classes. During these classes, participants will have the opportunity to explore various aspects of diabetes management and to develop the necessary skills to lead a healthy and fulfilling life with diabetes. Each class lasts approximately two hours, although the duration may vary based on class size.

#### Program Eligibility

- KFHC members
- Currently enrolled with KFHC
- 18 years of age or older at the time of registration
- Have a diagnosis of Diabetes Type 2 OR at risk of developing Diabetes Type 2
- Caregiver\* to a KFHC member with Diabetes Type 2

*\*Caregiver is not eligible for KFHC rewards. Reward will be provided to enrolled KFHC member based on criteria above.*

#### Referrals

Share the news! Your referrals are the best way to get KFHC members to health education classes. To do so, you can:

1. Submit a Health Education referral on the **Provider Portal**.
2. Call 1-800-391-2000 and ask for the Wellness and Prevention Department.

#### Rewards

KFHC members who attend the classes and complete the series are eligible for rewards.

- Attendance reward per class
  - \$20 reward per class attended, up to 6 classes.
  - The reward is in the form of a gift card. Member can choose from: Amazon, Walmart, Target, Safeway, Finish Line.
  - The reward is mailed after the series is completed. It may take 6-8 weeks to process.



- Attendance reward for completing a full series
  - \$50 reward for KFHC members who complete all 6 classes in one series.
  - The reward will be a physical item that is related to the lessons provided.
  - The reward is given to participants on the last class of the series.

### **Modules covered in DEEP**

- Module 1: Understanding the Human Body
- Module 2: Understanding Risk Factors for Diabetes
- Module 3: Monitoring Your Body
- Module 4: Diabetes and Physical Activity
- Module 5: Management of Diabetes through Meal Planning
- Module 6: Complications of Diabetes
- Module 7: Learning about Medications and Medical Care
- Module 8: Living with Diabetes: Mobilizing your Family and Friends

KHS posts all bulletins on the KHS website, [www.kernfamilyhealthcare.com](http://www.kernfamilyhealthcare.com), choose Provider, then Bulletins.

For any questions regarding Health Education classes or programs, please contact your Provider Relations Representative at 1-800-391-2000.

Best regards,

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