

### The Goal-Setting Process: Tools and Tips

By: Training and Education Workgroup

Diabetes self-management support and education are key elements when using the empowerment approach to assist people in setting goals and making decisions (<http://clinical.diabetesjournals.org/content/22/3/123.full>). The Training and Education Workgroup in 2011 focused on identifying goal-setting tools and resources for health care providers, advocates, and persons with diabetes that can enhance support and education.

The workgroup determined the following criteria when evaluating resources: health literacy aspects (readability, pictures, ease of use, availability of other languages, etc.), standards of care, confidence level, self-reward concept(s), and tracking of progress. Three tools were selected and the group designed a fourth tool. The recommended resources are:

1.) American College of Physicians (ACP) "For Better Health: Setting Your Self-Management Goal"

<http://diabetes.acponline.org/> diabetes portal

2.) Diabetes Initiative Goal Setting Form

<http://diabetesinitiative.org/resources/topics/GoalSetting.html>

3.) DPAC Training and Education Workgroup "Make a Move: Set a Goal"

<http://www.dpacmi.org/workgroupTrainingEducation.aspx>

4.) HRSA "Setting My Goals"

[http://mchb.hrsa.gov/womenshealth/mybrightfutureadult/Guide\\_my\\_setting.html](http://mchb.hrsa.gov/womenshealth/mybrightfutureadult/Guide_my_setting.html)

Goal setting is a process that involves clear identification of problems, barriers, feelings, and thoughts. The ultimate objective is to identify a long-term goal(s) toward which the patient is motivated to work. To that end, a person chooses and commits to making a behavior change that will help them achieve their long term goal(s). By working towards the goal, people can then learn about challenges and opportunities, related feelings, barriers, and effective strategies.

The role of the health care provider or advocate is to provide information, collaborate during the goal-setting process, and offer support for patients' efforts. Health care providers who become more client-centered assist and support persons with diabetes in achieving good clinical outcomes and satisfaction with their care. Empowering people with diabetes to set goals helps them to discover that they are in control of their own lives and are the experts in the everyday reality of living with diabetes.



Possible benefits for patients utilizing self-management and goal-setting include better communication with providers, greater satisfaction with care, improved metabolic and psychosocial outcomes, and emotional well-being. The benefits for providers include achievement of recommended standards of care, improved outcomes, and greater professional satisfaction. The DPAC Training and Education Workgroup members believe use of the selected tools will benefit all involved with the goal-setting process.

#### Upcoming Events Calendar:

DPAC Board Meeting:  
Thursday, January 19<sup>th</sup>, 2012

DPAC Spring Full Membership Meeting:  
Tuesday, May 1<sup>st</sup>, 2012

## Free or Low Cost Prescription Medication: Options for Michigan Residents

By: Communications and Public Awareness Workgroup

The State of Michigan has assembled a list of free or low cost prescription options for Michigan residents. Most require registration and signatures from the patient's doctor to insure correct dosage and necessity and most physician offices can assist with the application. A pharmacist may help as well. Discount cards provide a lower cost for prescribed drugs and usually do not cover over the counter items.

Free Clinics of Michigan is a network of volunteer-staffed clinics that provide services for the un-insured and underserved. The website lists names and contact information of participating clinics throughout the state. The patient or provider can search the site by looking up the zip code for the closest clinic:  
<http://www.fcomi.org/locate-a-clinic.html>

This website has links to each of the following discount programs for medicines  
[http://www.michigan.gov/mdch/0,4612,7-132-2943\\_52115-203872--,00.html](http://www.michigan.gov/mdch/0,4612,7-132-2943_52115-203872--,00.html).



**Michigan's Prescription Drug Discount Card:** The MiRx Card is a prescription drug discount program for Michigan residents who do not have any prescription drug coverage.

- 1) **Pparxmi.org** : Partnership for Prescription Assistance Michigan: This program can help low income people find discount prescription drugs.
- 2) **RxAssist.org**: RxAssist Patient Assistance Program Center has information on free or low cost medication.

- 3) **Togetherrxaccess.com** : The Together Rx Access Card is a free prescription savings card for eligible residents of the United States and Puerto Rico who have no prescription drug coverage.
- 4) **NeedyMeds.org** : The NeedyMeds Drug Discount Card is a free prescription savings card available to individuals without insurance and to those who decide not to use their insurance.

**Michigan Drug Prices.com:** This Michigan Department of Community Health website can help with comparison of prices for prescription drugs among pharmacies. Use [www.MichiganDrugPrices.com](http://www.MichiganDrugPrices.com)

**Children Special Health Care Services (CSHCS)** is a part of Title V of the Federal Social Security Act. CSHCS helps persons with chronic health problems by providing coverage and referral for specialty services based on the person's health problems. Children with type 1 diabetes are covered by this service. MiChild covered children do not have to pay the membership fee for these services. For more information:  
· Contact your local MI CSHCS office  
[http://www.michigan.gov/mdch/0,4612,7-132-2942\\_4911\\_35698-15087--,00.html](http://www.michigan.gov/mdch/0,4612,7-132-2942_4911_35698-15087--,00.html) or call the CSHCS Family Phone Line at: 1-800-359-3722

## Patient's Bill of Rights in Affordable Care Act

By: Robin Nwankwo

The new **Patient's Bill of Rights** regulations in the Affordable Care Act detail a set of protections for consumers, that apply to all individual market and group health plans with few exceptions. These protections include:

- **No Pre-Existing Condition Exclusions for Children Under Age 19.** The new regulations will prohibit insurance plans from denying coverage to children based on a pre-existing conditions and outright coverage denials.
- **No Arbitrary Rescissions of Insurance Coverage.** Under the regulations, insurers and plans will be prohibited from dropping coverage except in cases involving fraud or misuse.

- **No Lifetime Limits on Coverage.** The regulation prohibits the use of lifetime limits in all health plans and insurance policies issued or renewed on or after September 23, 2010.
- **Restricted Annual Dollar Limits on Coverage.** The rules will phase out the use of annual dollar limits over the next three years until 2014 when the Affordable Care Act bans them for most plans. Plans issued or renewed beginning September 23, 2010, will be allowed to set annual limits no lower than \$750,000. This minimum limit will be raised each year for all employer plans and all new individual market plans. For plans issued or renewed beginning January 1, 2014, all annual dollar limits on coverage of essential health benefits will be prohibited
- **Protecting Your Choice of Doctors.** The new rules make clear that health plan members are free to designate any available participating primary care provider as their provider. These policies apply to all individual market and group health insurance plans except those that are grandfathered.
- **Removing Insurance Company Barriers to Emergency Department Services.** Health plans and insurers will not be able to charge higher cost-sharing (copayments or coinsurance) for emergency services that are obtained out of a plan's network.

Other provisions of the Affordable Care Act which pertain to diabetes include:

- People with diabetes can no longer be denied insurance or forced to pay more for coverage simply because they have diabetes.
- Grants to community organizations for lifestyle intervention programs to prevent type 2 diabetes will be available.
- Medicare Annual Wellness Visit and Personalized Prevention Plan: A free annual wellness visit is available in Medicare to identify a person's health risks and establish a personalized prevention plan

To learn more about the Affordable Care Act, please visit [www.healthcare.gov](http://www.healthcare.gov).

