

## **Diabetes Management Program (Asheville Project)**

Sullivan County's employees are fortunate that the county leaders decided in 2005 to participate in the nationally recognized Diabetes Management Program supported by the American Pharmaceutical Association known as the "Asheville Project". Currently the County has over 75 employees or insured dependents participating in this program.

The Asheville Project is a voluntary chronic disease management program developed in the mid 1990's. The purposes of this program are to: 1) help employees with diabetes to better manage their condition and live a healthy and productive life; 2) save employees money by allowing them to obtain diabetic medications and supplies with no co-pays; and 3) save Sullivan County tax dollars by reducing the amount of health insurance dollars spent on emergency room visits and hospital stays by healthier employees.

The program works as follows: An employee with diabetes who chooses to participate will pick a network pharmacy, where specially trained pharmacists, will meet with them on an individual basis normally once a month to every 3 months, and consult with the employee on diet, exercise, medication, blood sugar testing, etc. They will also perform foot exams, eye exams, etc. as necessary. If they detect problems of any sort they will contact the employee's physician and discuss the problems so that action can be taken before major complications arise.

For attending these appointments and following the pharmacist's recommendations, the employee will receive most if not all diabetic medications and supplies at no cost (the co-pays will normally be waived). If the employee does not adhere to the program, they may be dropped from the program.

More information will be forthcoming on this site.