

*“I no longer feel like this disease is my fault...I am not alone anymore.”*



Do You Want to Save Money?

Do You Have Diabetes or Prediabetes?

**Join TDES<sup>®</sup>**  
Telephonic Diabetes Education & Support<sup>®</sup>

Personal Support for people with diabetes...

**TDES<sup>®</sup> – Telephonic Diabetes Education & Support Program<sup>®</sup>**

- 12 month program
- Monthly telephone calls following the first in-person enrollment visit
- Individualized Services from experienced and certified Professional Diabetes Educators



*“Very convenient compared to an office visit...”*



Medical Care Development, Inc. (MCD) in Augusta, Maine, is a non-profit organization that developed and manages the Telephonic Diabetes Education and Support<sup>®</sup> (TDES<sup>®</sup>) Program in partnership with Maine Municipal Employees Health Trust and Anthem Blue Cross and Blue Shield.



*“I feel more confident to ask questions and know there are answers to help...”*

## How do I save money?

Waiver for 12 months pharmacy co-payments as long as you are active in TDES®!

- Blood sugar and urine test strips, and lancets
- Oral medications that lower blood sugar, insulin, and insulin syringes

No Cost diabetes education and support services.

## How do I improve my health?

Learn how to manage your diabetes all year long.

- Choose from diabetes education programs throughout the state
- 12 monthly appointments, first one in person, the rest by phone



## Who can join?

Maine Municipal Employees Health Trust:

- Employees, early retirees, and adult family members
- Being treated for diabetes Type 1, Type 2, or Prediabetes
- 18 years of age and older
- Not on Medicare
- Not previously enrolled in TDES®



*“I started because of the pharmacy (co-payment waiver) benefits, but I continued thanks to monthly contact with my educator helping me to succeed in controlling my diabetes.”*



## How do I sign up?

Choose from 3 easy ways:

1. **US Mail:** Fill out the enclosed Application and Authorization forms and return in the stamped self-addressed envelope.
2. **E-Mail:** Find forms and directions for Maine Municipal Employees Health Trust members at [www.tdes.me](http://www.tdes.me) or <http://www.mmeht.org>.
3. Fax completed forms to 207-620-8283

For more information contact the TDES® Program Coordinator: 207-622-7566 ext 252 or [tdes@mcd.org](mailto:tdes@mcd.org)

