



# Doctor Diabetic Times

VOLUME 2, ISSUE 1

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## Special Points of Interest:

- *Medicare Competitive Bidding*
- *Taking Good Care of Your Feet*

## NEWS

Doctor Diabetic Supply is proud to announce our recently awarded contract by The Centers for Medicare and Medicaid Services (CMS). Through CMS's **Competitive Bidding Program**, Doctor Diabetic has been chosen as one of a *very select* group of Mail-Order Diabetic Testing Supply Companies.

### *What is Competitive Bidding?*

Congress has changed the way that Medicare determines how much it pays for certain Medical Equipment and Supplies and who can furnish these items. The Competitive Bidding program was designed to help beneficiaries save money, ensure that they receive quality supplies, services, and equipment, and help limit fraud and abuse in the Medicare program.

### *Who is impacted by Competitive Bidding?*

DMEPOS Suppliers, such as Doctor Diabetic, and patients in certain geographical areas (see Competitive Bidding Areas, aka CBAs) are impacted by the decision.

### *When does Competitive Bidding start?*

Medicare will communicate to impacted beneficiaries the changes resulting from Competitive Bidding and a list of suppliers who were awarded Competitive Bidding contracts within the specific CBAs. The program will be effective July 1, 2008.

In the 10 CBAs, only contract suppliers will be able to provide beneficiaries with their Medicare covered diabetic testing supplies.

Therefore, if you receive your diabetic supplies from Doctor Diabetic and you are located in one of the 10 CBAs, **DON'T WORRY!**

**We are a winning supplier in all CBAs and we will be able to continue providing you with your diabetic testing supplies!**

## FAST AND EASY!

***RENEW your order of diabetic supplies by E-MAIL!***

Doctor Diabetic communicates with thousands of customers via e-mail. Be one of them! Please look for e-mails coming from [renewals@drdiabetic.com](mailto:renewals@drdiabetic.com) and make sure that your spam filter accepts this address.

If you haven't given us your e-mail yet, please contact our Customer Service at 800-852-1652 (Option 5).

***Where will Competitive Bidding take place?***

### **Competitive Bidding Areas (CBAs):**

- Charlotte-Gastonia-Concord (NC-SC)
- Cincinnati-Middletown (OH-KY-IN)
- Cleveland-Elyria-Mentor (OH)
- Dallas-Fort Worth-Arlington (TX)
- Kansas City (MO-KS)
- Miami-Fort Lauderdale-Palm Beach (FL)
- Orlando-Kissimmee (FL)
- Pittsburgh (PA)
- Riverside-San Bernardino-Ontario (CA)
- San Juan-Caguas-Guaynabo (PR)

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## TIPS

### TAKING GOOD CARE OF YOUR FEET

People with diabetes are at an increased risk for feet-related problems. This happens because the high levels of blood sugar can damage your nerves which cause you to lose feeling in your feet. Therefore, you may not feel a sore or a blister in your feet. Blisters or sores may get worse and turn into ulcers and these ulcers may get infected. These complications can escalate to a level that requires amputation.

#### PREVENTION IS KEY!

- Follow your doctor's recommendations and keep your blood sugar under control.
- Your doctor should check the sense of feeling in your feet during each visit to their office.
- Check your feet for redness, swelling, sores, blisters, cuts, bad odors, or changes in your toe nails every day.
- Contact your doctor immediately if you notice any problems in your feet.
- Don't self-treat ingrown nails, calluses or bunions. Discuss with your doctor first.
- Wash you feet daily with lukewarm water and dry them well, especially between your toes. Be gentle with your feet; use a mild soap and do not rub them.
- Use a lotion or cream to moisturize your feet and ankles.
- Cut toenails straight across to prevent ingrown nails. Cut your toenails after bathing when your nails are softer. If you have hard nails you might need a professional to trim them.
- Never walk barefoot indoors or outdoors.
- Use comfortable shoes and buy them at the end of the day when your feet are swollen. Prefer soft, leather shoes with firm soles.
- Don't wear open-toed shoes, such as flip-flops. Avoid high-heels and shoes with pointed toes.
- Always wear shoes with socks. Use socks with padding and made with natural fibers, such as cotton or wool.
- Check your shoes before wearing them to make sure there are no objects that might hurt your feet.



*“Follow your doctor’s recommendations and keep your blood sugar under control!”*

***Get your supplies from the **Doctor!*****

***100% Satisfaction Guarantee!***



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