

COMPARING DOD COST STRUCTURE TO LOCAL OFFERINGS TO ACCESS CARE

Charges	CPMC	UCSF	St. Mary's	Omaha Health Online Diab. Prev. Prog.	DOD if you dance	If you don't dance
Glucose test CPT 82947	\$20 (x 2 = \$40)	\$9 (x 2 = \$18)	\$32 (x 2 = \$62)	N/A	0	\$50
Glucose strip CPT 82948	\$16 (x 2 = \$32)	\$9 (x 2 = \$18)	0	N/A	0	
Hemoglobin A1C CPT 83036	\$52	\$143	\$133	N/A	0	
Medical Nutrition Therapy reassessment (15 minutes) CPT 97803	\$95	\$86	\$88	\$120 per month	0	
Diabetes training (group – 30 minutes; includes height, weight, education materials) CPT G0109	\$128 (not counted in totals below)	\$124 (not counted in totals below)	\$60 (not counted in totals below)	N/A	0	
SUBTOTAL	\$219	\$265	\$283	\$120	0	\$50
Cardiac rehab, supervised exercise, blood pressure	\$25	N/A	\$11	N/A	0	N/A
Glucose tablet	N/A	N/A	[\$4.29]	N/A	0	N/A
Accepts insurance	Yes	Yes	Yes	No	No	N/A
Dance lesson (most centers charge \$10-15)	N/A	N/A	N/A	N/A	0 (asks for \$10 donation)	N/A
Side Effect of Fun	?	?	?	?	YES!	
Outcomes	Not published	Not published	Not published	Average weight loss 14 pounds	Published: Average A1C drop of .05%; weight: 57% lost or maintained weight. BMI decrease of 1.28; Waist decrease 2.73in	
Wellness Program with access to CDE; rewards?	No	No	No	Yes (health coach only)	Yes	Yes
TOTAL COST TO YOU (or insurance)*	\$244	\$265	\$294	\$480 out of pocket	ZERO	
Rewards – you get paid	0	0	0	0	\$30 per event plus online incentives	

*For local hospitals, average cost is \$277. **For DOD non-dancers who pay \$50 for the A1C, that's a savings of \$227!**

For DOD PARTICIPANTS who DANCE and get an A1C: get \$287 in services, plus \$30 rewards = **\$317 in value for FREE.**

For DOD PARTICIPANTS who DANCE and don't have A1C (average A1C performed locally = \$109)= **\$208 in value for FREE.**

It costs DOD \$1500/dance (includes rewards), so your \$10 or more donation really helps.

Source: <http://www.oshpd.ca.gov/chargemaster/default.aspx> (looking at 2012 charges)