

# Provider Starter Kit

Your Partner in Comprehensive  
Diabetes Care



Transforming Lives  
Through Holistic  
Diabetes Management

☎ 817-518-7239      🏠 1-800-782-6249

✉ [contact@balancediabeteswellness.org](mailto:contact@balancediabeteswellness.org)

🌐 [www.balancediabeteswellness.org](http://www.balancediabeteswellness.org)

**Service Area:** Texas & Beyond via Telehealth

- Texas:
  - Diabetes Self-Management Education (DSME) Program
  - Medical Nutrition Therapy (MNT)
  - Individualized Meal Planning & Supplement Plans
  - Functional Lab Testing
  - Personalized & Guided Exercise Plans
  - Diabetes Burnout/Distress Coaching
- 23+ Additional States: Everything above but DSME

# WHO WE ARE



## Our Mission

Balance Diabetes Wellness (BDW) transforms lives through comprehensive, holistic diabetes care that addresses root causes, not just symptoms. We believe in empowering individuals to live confidently with diabetes through personalized, sustainable, and non-restrictive solutions.

## Our Story

Founded by Kelsie Lewis, a Registered Dietitian and Certified Diabetes Care and Education Specialist who was diagnosed with type 1 diabetes in high school. Despite her diagnosis, Kelsie never let diabetes limit her ambitions—she played college volleyball and built a thriving career helping others navigate their diabetes journey.

"I understand the daily challenges because I live them too. This personal experience, combined with my clinical expertise, allows me to provide truly empathetic, evidence-based care."

- Kelsie, Founder & CEO



## Our Approach

We blend modern medicine with holistic care, creating a seamless integration of treatments:

- **Medical Expertise:** Evidence-based diabetes management
- **Functional Health:** Root cause analysis and personalized holistic protocols
- **Lifestyle Integration:** Sustainable habits that fit real life
- **Emotional Support:** Addressing diabetes distress, burnout, and mental well-being

## Why Choose BDW?

- ✓ Lived Experience: Founded and led by someone with diabetes
- ✓ Comprehensive Care: Delivering more advanced and extensive solutions than our competitors.
- ✓ Proven Results: Average A1c reduction of 2.3 points in the first 90 days (e.g., from 10% to 7.7%).
- ✓ Insurance Covered: Accepts 300+ insurance plans nationwide
- ✓ Personalized Approach: No one-size-fits-all solutions

# OUR EXPERT TEAM



Living with Type 1 Diabetes for over 17 years

## Kelsie Lewis, Founder & CEO

Registered Dietitian (RD) | Certified Diabetes Care and Education Specialist (CDCES)

- Certified Insulin Pump Trainer (Omnipod)
- Personal Trainer & Fitness Nutrition Coach
- Lifestyle & Weight Management Specialist
- Speaker for Sanofi (Tzield awareness), Breakthrough T1D, ADCES
- Author: Published a peer-reviewed article in the *Cutting Edge Nutrition and Diabetes Care Journal*, endorsed by the Academy of Nutrition and Dietetics (AND).

# OUR CLINICAL TEAM

Our team combines advanced clinical training with personal understanding—many of us live with diabetes ourselves or support loved ones on their diabetes journey.

## 4 Registered Dietitians/CDCES with specialized certifications including:

- Insulin pump & continuous glucose monitoring expertise
- Nutrition coaching: diabetes, heart & kidney disease, weight loss, etc
- Lifestyle & weight management specialization

## 2 Personal Trainers

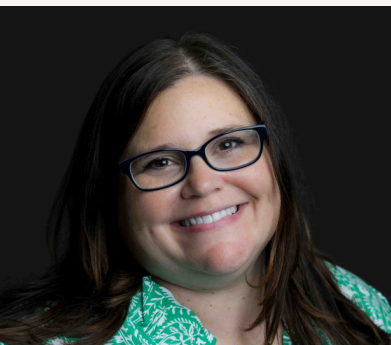
- Diabetes-specific exercise programming
- Safe fitness protocols for blood sugar management
- Tailored exercises designed to accommodate individual limitations

## 1 Functional Diagnostic Nutrition Practitioner (FDN-P)

- Advanced functional lab interpretation
- Root cause analysis and personalized protocols
- Herbal and supplemental support recommendations

## Additional Support Staff:

- Health coaches
- Counselors
- Lifestyle specialists



Registered Dietitian, Lived with GDM & T2D Family Experience



Registered Dietitian, Bilingual Educator (Spanish-English)



Registered Dietitian, Diabetes Care Specialist



Personal Trainer | Lives with T1D



Functional Diagnostic Nutrition Practitioner, Herbalist



Counselor, Lives with T1D



Office Manager, T1D Mom, T2D Caregiver, PCOS Support Advocate



Social Media Manager, T1D Sibling, Diabetes-Focused Family Advocate

# WHAT WE OFFER

## Comprehensive Diabetes Care Services

### Clinical Services

#### One-on-One Diabetes Education

- Personalized DSME (Diabetes Self-Management Education)
- Insulin pump training and optimization
- CGM interpretation and lifestyle integration

#### Group Education Programs

- DEAP Program (ADCES certified)
- Structured curriculum covering diabetes basics, nutrition, exercise, mental health, and complication prevention

### Functional Health Services

#### Advanced Testing & Analysis

- Biomefx comprehensive stool analysis (-\$356)
- Dutch Complete hormone testing (-\$300)
- Personalized supplement protocols
- Root cause identification for blood sugar challenges

#### Specialized Protocols

- PCOS and insulin resistance management
- Gut health optimization
- Hormone balance restoration
- Food sensitivity identification
- Screening for insulin autoantibodies (detecting early stage T1D)

### Nutrition & Lifestyle Support

#### One-on-One Nutrition Services

- Medical Nutrition Therapy (MNT)
- EatLove subscription integration (\$24.99/month)
- Personalized meal plans and grocery list

#### Lifestyle Coaching

- Stress, anxiety, and depression management techniques
- Diabetes distress & burnout coaching
- Sleep optimization strategies
- Physical activity planning
- Toxin reduction strategies

### Technology Integration

#### Remote Patient Monitoring (Coming Soon)

- CGM data analysis (Dexcom/Libre)
- Blood pressure monitoring
- Weight tracking through physician partnerships

### Supplement Support

#### Fullscript Integration

- Professional-grade, thoroughly tested and verified by third-party experts
- Individualized protocols
- FSA/HSA eligible options
- Common protocols: blood sugar stabilization, heart health, PCOS, healthy pregnancy

### Insurance & Payment Options

- ✓ **300+ Insurance Plans Accepted** (BCBS, Aetna, Medicare, UHC, Cigna, ect)
- ✓ **95% Coverage** for one-on-one visits
- ✓ **FSA/HSA Accepted** for all services
- ✓ **Nationwide** Insurance accepted in 23 states, with cash payment options available everywhere.

# REFERRAL FAQS

## How to Refer Patients

**Q: How do I refer a patient to BDW?**

A: Complete our referral form and fax to 1-800-782-6249. We'll contact your patient within 72 business hours and schedule their appointment within 7-14 days.

**Q: What information do you need for referrals?**

A: Patient demographics, insurance information, diabetes type, BMI, clinical notes, and reason for referral. Our custom referral form streamlines this process.

**Q: Do you accept my patient's insurance?**

A: We accept 300+ insurance plans including BCBS, Aetna, Medicare, UHC, and Cigna across 23 states. We verify benefits before the first appointment.

**Q: What if my patient doesn't have insurance coverage?**

A: We offer direct-pay options. Additionally, FSA/HSA funds can often cover all services and products rendered.

## HMO REFERRALS

**Q: How do I submit an HMO referral for my patient?**

A: HMO referrals require specific information for online submission through your system. We've created a comprehensive HMO referral form with all the details you need.

**Quick Reference:**

- **Company:** Balance Diabetes Wellness
- **Provider:** Kelsie Lewis or Patterson
- **Group NPI:** 1114783867
- **Phone:** 817-518-7239 | **Fax:** 1-800-782-6249
- **Submit for:** Minimum 12 appointments upfront

**See Annex: HMO Referral Form** - for complete addresses, CPT codes, and detailed submission instructions

## Coverage & Costs

**Q: What does insurance typically cover?**

A: 95% of patients have full coverage for one-on-one visits. Coverage varies:

- Medicare: MNT is 100% covered, DSME is 20% after deductible has been met.
  - 1 hour individual session + 9 group DSME hours, and 3 individual MNT hours the first year.
  - Year 2 +, eligible for 2 hours of DSME and 2 hours of MNT annually
- Private Insurance: Most policies cover 100% of cost (depending on ICD-10 code).
  - 12 sessions to unlimited (varies by plan)

**Q: What about functional health services?**

A: Functional labs, interpretation, 3 appointments, and supplement plan are typically direct-pay (\$550-\$2000 range), but FSA/HSA funds often apply.

# REFERRAL FAQs

## Communication & Follow-Up

**Q: How will I know about my patient's progress?**

A: We fax progress updates to your office following appointments, maintaining full HIPAA compliance and keeping you informed of treatment outcomes.

**Q: Can I speak directly with the treating clinician?**

A: Absolutely. Our team welcomes provider communication to ensure coordinated care. Feel free to contact our office at 817-518-7239.

## Patient Eligibility & Outcomes

**Q: Which patients are ideal candidates for BDW?**

A:

- Newly diagnosed diabetes patients seeking foundational education
- Established patients with suboptimal A1c or blood sugar control
- Those who seek advanced education for optimal health
- Patients interested in reducing medication dependency
- Those seeking holistic approaches to diabetes care
- Patients with diabetes distress/burnout or motivation challenges

**Q: What kind of results can I expect for my patients?**

A: Our 90-day outcomes include:

- Average A1c reduction of 2.3 points (e.g., from 10% to 7.7%).
- Blood sugar time-in-range increase by 18%
- -10 lbs sustained weight loss (when desired)
- Improved diabetes distress scores
- Enhanced patient empowerment and self-advocacy

**Q: How long is typical engagement?**

A: Most patients engage for approximately 90 days with 2-4 visits per month, though we customize based on individual needs and insurance coverage. Many patients choose to stay with us longer, allowing us to serve as their accountability coach and support them in continuing to achieve their health goals.

## Logistics & Timeline

**Q: How quickly can my patient be seen?**

A: We reach out to referred patients within 72 business hours and strive to schedule their first appointment within 7 to 14 days of initial contact.

**Q: Do you offer telehealth services?**

A: Yes! Our services are 100% online, allowing patients to meet with us anytime, from anywhere—perfect for busy schedules.

**Q: What if my patient needs medication adjustments?**

A: We work with providers to support optimal patient care. Based on your patient's progress, we recommend potential medication adjustments. While we don't change medications directly, we collaborate with you to ensure the best outcomes.

## Special Considerations

**Q: Do you work with gestational diabetes?**

A: Yes, we provide comprehensive care for gestational diabetes, as well as all other forms of diabetes, both during pregnancy and postpartum.

**Q: What about pediatric patients?**

A: We work with motivated adolescents (>14 years) with at least 1 parent/guardian present. For children, we recommend family-centered approaches.

# What Happens After You Refer



## Step 1: Referral Processing (Immediate)

- BDW reviews referral for completeness
- If incomplete, we contact your office for missing information
- Complete referrals trigger immediate patient outreach



## Step 2: Patient Contact (Within 48 Business Hours)

- Initial contact attempt via phone
- If no answer: 3 additional phone attempts + email follow-up
- **If unable to reach patient:** Your office notified via fax
- **If patient reached:** Services discussed and interest assessed



## Step 3: Appointment Scheduling (7-10 Days Out)

- **If patient proceeds:** First appointment scheduled 7-10 days out
- **Scheduling buffer allows:** Billing team to verify insurance benefits
- **If patient declines or no-shows:** Your office notified via fax



## Step 4: First Appointment & Beyond

- Comprehensive initial assessment and education
- **Post-appointment:** Detailed care plan faxed to your office
- Ongoing appointments scheduled based on patient needs and coverage



## Step 5: Ongoing Provider Communication

- **After each appointment:** Comprehensive notes faxed to your office
- **Throughout care:** Significant comments, concerns, or recommendations communicated via fax
- **HIPAA compliant:** All communications maintain regulatory compliance
- **Direct access:** Your staff can call 817-518-7239 anytime for patient status updates



## Typical 90-Day Outcomes

- ✓ 2.3 point average A1c reduction
- ✓ 18% increase in blood sugar time-in-range
- ✓ ~10 lbs sustained weight loss
- ✓ Improved diabetes distress scores
- ✓ Enhanced patient confidence and self-advocacy

## PROVIDER INFORMATION

**Company Name:** Balance Diabetes Wellness

**Provider Name:** Kelsie Lewis (or Kelsie Patterson)

**NPI Numbers:**

- Group NPI: 1114783867
- Individual NPI: 1841727989

## PRACTICE LOCATIONS

**Primary Address:** 5517 CR 803 Joshua, TX 76058

**Secondary Address:** 612 E. Lamar Blvd. Arlington, TX 76011

## CONTACT INFORMATION

**Phone:** 817-518-7239 **Fax:** 1-800-782-6249

**Email:** [contact@balancediabeteswellness.org](mailto:contact@balancediabeteswellness.org)

**Website:** [www.balancediabeteswellness.org](http://www.balancediabeteswellness.org)

## BILLING & CODING INFORMATION

**CPT Codes for MNT and DSME:**

- 97802 (Medical Nutrition Therapy, initial assessment - 1 visit)
- 97803 (Medical Nutrition Therapy, re-assessment - 12 visits)
- G0108 (Diabetes self-management training, individual - 12 visits)
- G0109 (Diabetes self-management training, group - 7 visits)

**ICD-10 Codes:** Insurance often requires both preventive and medical ICD-10 codes for MNT coverage. **Please submit all that apply to your patient.**

**Preventative - Weight:**  Underweight (BMI <18.5)  Overweight (BMI 25-29)  Obese (BMI 30-39)  Morbid Obese (BMI 40+)

**Preventative - Family Hx:**  Ischemic Heart Disease & Other Disease of the Circulatory System: Z82.49  Family History of Diabetes Mellitus: Z83.3

**Preventative - Other:**  Dietary counseling and surveillance (Z71.3)  Hypertension: I10  Hypercholesterolemia: E78  Hyperlipidemia: E78.5  Metabolic Syndrome: E88.81

**Medical - Diabetes:**  Type 1: E10.65  Type 2: E11.65  Pre-Diabetes: R73.03  Gestational: O24.41  Impaired Glucose Fasting: R73.01

**Other (please specify):**

## AUTHORIZATION REQUIREMENTS

**Number of Appointments: Minimum 12 appointments**

**! IMPORTANT:** Submit authorization for **12 appointments upfront** to cover both MNT and DSME services.

### Why 12 appointments?

- DSME program requires minimum of 12 sessions for comprehensive care
- Submitting full authorization initially prevents delays in patient care
- Avoids back-and-forth requests for additional visit approvals
- Ensures continuity of care for optimal patient outcomes

## SUBMISSION CHECKLIST

- Company Name: Balance Diabetes Wellness
- Provider: Kelsie Lewis
- Group NPI: 1114783867
- Practice Address (use primary: Joshua, TX)
- Phone: 817-518-7239
- All 4 CPT Codes: 97802, 97803, G0108, G0109
- Appropriate ICD-10 code for patient's diabetes type
- Authorization for 12 appointments requested**

# RESOURCE ANNEX

Ready to use materials for your patients

## HOW TO USE THIS SECTION

The remaining pages in this starter kit are designed specifically for your office and for each patient moving forward. Simply photocopy or print them as needed and keep them readily available for your patients.

- ✓ Patient education during appointments
- ✓ Take-home resources after diabetes discussions
- ✓ Quick reference guides for newly diagnosed patients
- ✓ Referral forms for streamlined BDW connections

## WHAT YOU'LL FIND:

**PAGE  
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### PRINTABLE FLYER FOR PATIENT ROOMS

- Offer your patients extra support beyond the clinic.
  - Meal planning, daily blood sugar management skills, diabetes IT services.
  - Behavior change, diabetes burnout/distress coaching, and much more.

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### PRINTABLE BDW REFERRAL FORMS & HMO REFERRAL DETAILS

- Complete referral form
  - Fax to 1-800-782-6249
  - All necessary fields for smooth patient transition
- HMO referral details
  - All information needed for online HMO submissions

**PAGE  
12**

### PRINTABLE RESOURCE FOR PATIENT: DIABETES MYPLATE

- Visual guide for healthy carbohydrate counting
- Printable/friendly format for immediate use

**PAGE  
14**

### PRINTABLE RESOURCE FOR PATIENT: QUICK START GUIDE FOR NEW DIABETIC PATIENTS

- Essential first steps after diagnosis
- What to expect
- When to seek additional support

**PAGE  
16**

### PRINTABLE RESOURCES FOR PATIENT: GET STARTED - LET US CHECK YOUR BENEFITS

- Instructions for patients to verify insurance coverage
- QR code and link: <https://tinyurl.com/bdwcheck>

### PRO TIP FOR PROVIDERS

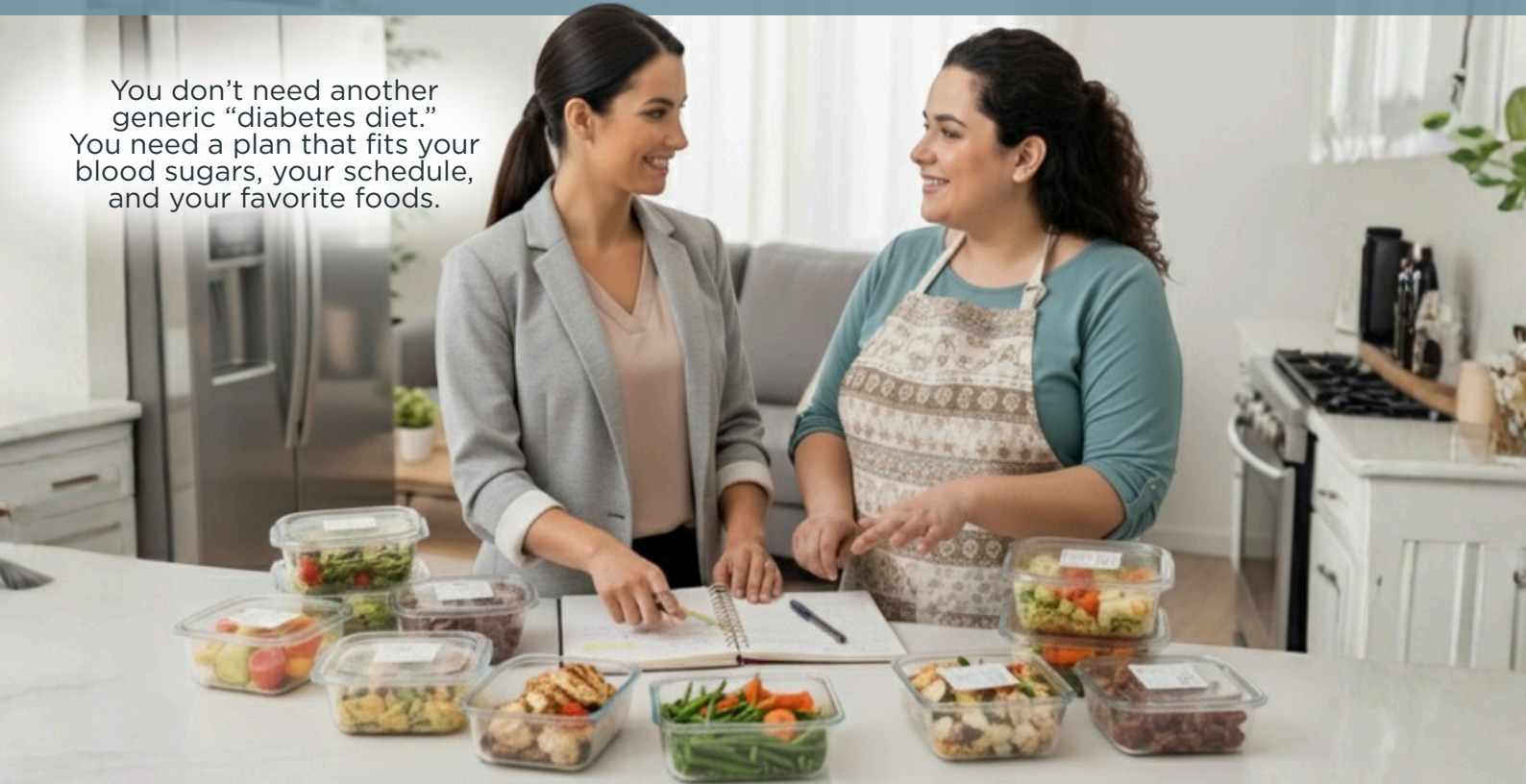
Keep these resources in a folder at the front desk or exam rooms for easy access. Staff can quickly grab the right materials during patient interactions, making referrals simple and efficient. Paperclip pages 11-15 together: fill out and fax page 11 to start the referral process, while pages 12-15 provide patients with details to get started. These pages also explain how to contact us and outline our services if they're interested in further education.



## Live with freedom, not food rules

Personalized meal planning from a diabetes nutrition specialist—so you can enjoy food and support your blood sugar at the same time.

You don't need another generic "diabetes diet." You need a plan that fits your blood sugars, your schedule, and your favorite foods.



### What You Can Expect

- A personalized meal plan created by a Registered Dietitian & Certified Diabetes Care and Education Specialist
- Weekly menus that match your blood sugar goals, culture, and food preferences
- Simple recipes and grocery lists to make shopping and cooking easier
- Flexible swaps if you're busy, eating out, or feeding a family
- Ongoing adjustments based on your progress, labs, and real life

All plans are designed specifically for people living with diabetes or prediabetes.

### Our Client Outcomes

- More stable blood sugars throughout the day
- Less stress about "what to eat"
- Improved energy and fewer afternoon crashes
- Sustainable weight loss (for those who want it)
- More confidence ordering at restaurants and social events

### Ready To Get Started?

- Step 1:** Scan the QR code to share your insurance information  
**Step 2:** We verify your benefits and then we will call you to explain your coverage before you begin.  
**Step 3:** Meet with your diabetes nutrition specialist via Zoom and receive a tailored meal plan and ongoing support.

**Need help or prefer to call? 817-518-7239**

Balance Diabetes Wellness • Telehealth nutrition and diabetes care

No more guessing, Googling, or piecing together random meal plans. Get a clear, step-by-step food plan designed just for you.



**SCAN  
ME**

### STEP 1: PATIENT INFORMATION

Full Name (First, Last):  **DOB:**   **Gender:**  F  M

Phone #:  **Email:**

Check off any special needs that apply:  Vision  Hearing  Language  Cognitive  Physical  Other (specify):

### STEP 2: HEALTH INSURANCE INFORMATION

Plan Name:  **Member ID:**  **Group #:**  **Provider Phone #:**

Policy Holder Full Name:  **Policy Holder DOB:**  **Relationship:**  Self  Spouse  Child  Other:

### STEP 3: SERVICES

This referral has both Medical Nutrition Therapy (MNT) & Diabetes Self-Management Education (DSME) CPT codes attached. Check off ANY/ALL additional services needed

**Monitoring:**  Continuous Glucose Monitor (CGM)  Education Remote Patient Monitoring (RPM) &/or Chronic Care Management (CCM)

**Coaching:**  Personal Trainer  Weight Loss Coach  Lifestyle/Health/Behavioral Coach  Pre & Post Insulin Pump

**Mental Health:**  Diabetes Distress & Burnout  Chronic Disease Management  Anxiety/Depression  Trauma

**Specific Concerns:**

### STEP 4: ICD CODES

Insurance often needs a preventive & medical ICD-10 code for MNT coverage.  Check off ALL that apply

**Preventative - Weight:**  Underweight (BMI <18.5)  Overweight (BMI 25-29)  Obese (BMI 30-39)  Morbid Obese (BMI 40+)

**Preventative - Family Hx:**  Ischemic Heart Disease & Other Disease of the Circulatory System: Z82.49  Family History of Diabetes Mellitus: Z83.3

**Preventative - Other:**  Hypertension: I10  Hypercholesterolemia: E78  Hyperlipidemia: E78.5  Metabolic Syndrome: E88.81

**Medical - Diabetes:**  Type 1: E10.65  Type 2: E11.65  Pre-Diabetes: R73.03  Gestational: O24.41  Impaired Glucose Fasting: R73.01

**Other (please specify):**

### STEP 5: REFERRING PHYSICIAN'S SIGNATURE

For the first patient referred to us by this physician, please provide the NPI, phone number, and fax number for our records.

Full Name (First, Last):  **NPI:**  **Date of Referral:**

Physician's Signature:  **Phone #:**  **Fax #:**

### STEP 6: FAX REFERRAL ALONG WITH ADDITIONAL DOCUMENTATION TO 1-800-782-6249

- Patient Demographics to include address
- Primary and Secondary insurance details (if applicable). Copy of front and back of card is preferred.
- Clinical data such as diagnosis, recent lab results, height, weight, medication list, and any other necessary information for care.

# The Simple Start to Better Blood Sugar Management

The **Diabetes MyPlate** method is the perfect starting point for blood sugar management. Here's what makes it simple: **3/4 of the plate = "FREEBIES"** These foods don't directly impact blood sugar and don't need to be counted or measured precisely.

## FREEBIES

### Nonstarchy Vegetables

Raw vegetables, 1 cup  
Cooked vegetables, ½ cup

## FREEBIES

### Meat/Protein

Examples:  
Chicken, 3 ounces  
Fish, 3 ounces  
Beef, 3 ounces

### Starch/Grains

Examples:  
Pasta, 1/3 cup, Rice, 1/3 cup  
Potato, boiled, ½ cup  
Bread, 1 slice (1 ounce)  
Corn, ½ cup

Each carb choice contains  
15 grams of carbs.

I need \_\_\_\_\_  
carb choices per meal.

1 starch choice =  
15 grams of carbs

**Bal**ance  
DIABETES WELLNESS

## FREEBIE FOODS - No Need to Count or Measure

NON-STARCHY VEGETABLES	PROTEIN CHOICES
Broccoli, cauliflower, spinach	Chicken, turkey, quail, duck, eggs
Bell peppers, zucchini, asparagus	Lean beef, pork, lamb
Green beans, tomatoes, cucumbers	Tofu, cheese, cottage cheese
Brussels sprouts, mushrooms	Crab, lobster, shrimp
Kale, lettuce, onions	Salmon, tuna, sea bass, trout, catfish

**"Focus conversations on the 1/4 that matters - the carbs!"**

# Carbohydrate Choices

Each serving = (roughly) 15 grams of carbs



BREAD	SERVING SIZE OR PORTION
Bagel, large (about 4 oz)	¼ (1 oz)
Bread, reduced-calorie	2 slices
Bread, white, whole-grain, pumpernickel, rye	1 slice (1 oz)
English muffin	½
Hot dog or hamburger bun	½ (1 oz)
Pancake, 4 inches across	1
Pita, 6 inches across	½
Roll, plain, small	1 (1 oz)
Taco shell, 5 inches across	2
Tortilla, corn or flour, 6 inches	1
Waffle, 4-inch square	1



CEREALS AND GRAINS	SERVING SIZE OR PORTION
Bran, dry, wheat	½ cup
Cereals	
Cooked (oats, oatmeal)	½ cup
Puffed	1½ cups
Shredded wheat, plain	½ cup
Sugar-coated	½ cup
Unsweetened, ready-to-eat	¾ cup
Couscous	⅓ cup
Granola, low-fat or regular	¼ cup
Grits, cooked	½ cup
Pasta, cooked	⅓ cup
Rice, white or brown, cooked	⅓ cup
Wild rice, cooked	⅓ cup



FRUITS	SERVING SIZE OR PORTION
Apple, unpeeled, small	1 (4 oz)
Applesauce, unsweetened	½ cup
Apricots	4 whole (5½ oz)
Banana	½ (4 oz)
Blackberries	¾ cup
Blueberries	¾ cup
Cantaloupe, small	⅓ melon
Cherries	12 (3 oz)
Dates	3
Dried fruits	2 Tbsp
Figs (fresh or dried)	1 ½
Fruit juice	½ cup
Grapefruit, large	½ (11 oz)
Grapes, small	17 (3 oz)
Honeydew melon	1 slice or 1 cup
Kiwi	1 (3 ½ oz)
Mango, small	½ fruit (5 ½ oz) or ½ cup
Nectarine, small	1 (5 oz)
Orange, small	1 (6 ½ oz)
Papaya	½ fruit or 1 cup
Peaches, medium	1 (6 oz)
Pears	½ cup (4 oz)
Pineapple	¾ cup
Plums, small	3
Prunes	2 (5 oz)
Raspberries	1 cup
Strawberries	1 ¼ cups whole
Tangerines, small	2 (8 oz)
Watermelon	1 slice or 1 ¼ cups



CRACKERS AND SNACKS	SERVING SIZE OR PORTION
Animal crackers	8
Cookies, Chocolate chip	2 cookies
Crackers	
Round, butter type	6
Saltine-type	6
Sandwich-style, cheese or peanut butter filling	3
Whole-wheat	2-5
Graham cracker, 2½-inch square	3
Oyster crackers	20
Popcorn	3 cups
Pretzels	¾ oz
Rice cakes, 4 inches across	2
Snack chips	
Fat-free or baked (tortilla, potato, pita)	15-20
Regular (tortilla, potato)	9-13



STARCHY VEGETABLES	SERVING SIZE OR PORTION
Baked beans	⅓ cup
Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, white)	½ cup
Corn on cob, large	½ cup
Lentils, cooked	½ cup
Mixed vegetables with corn, peas, or pasta	1 cup
Peas, green	½ cup
Potato	
Baked with skin	¼ large
Boiled, all kinds	½ cup
Mashed, with milk and fat	½ cup
French fried (oven-baked)	1 cup
Pumpkin, canned, no sugar added	1 cup
Squash, winter (acorn, butternut)	1 cup
Yam, sweet potato, plain	½ cup

## ESTIMATING PORTION SIZES

When you can't measure, you can estimate!



A fist equals about 1 cup



A palm equals about 3 ounces



A thumb equals about 1 ounce

\*Note: These are only general guides.



MILK AND YOGURTS	SERVING SIZE OR PORTION
Chocolate milk, fat-free or whole	½ cup
Evaporated milk (all kinds)	½ cup
Ice cream, light, no sugar added, or regular	½ cup
Milk or buttermilk, fat-free, low-fat (1%), reduced-fat (2%), or whole	1 cup
Soy milk, light or regular, plain	1 cup
Yogurt, plain, whole	1 cup

# QUICK START GUIDE FOR NEWLY DIAGNOSED DIABETES PATIENTS

## YOUR FIRST 30 DAYS: Essential Steps

### Week 1 - Get your bearings

- **Understand your numbers:** Learn your target blood sugar ranges
- **Start monitoring:** Check blood sugar as recommended by your doctor
- **Learn the basics:** Identify foods that raise blood sugar
- **Stay hydrated:** Drink plenty of water throughout the day

### Week 2 - Build your foundation

- **Try the plate method:** Use the MyPlate guide on the previous page
- **Move your body:** Start with 10-minute walks after your biggest meal
- **Track patterns:** Note how different foods affect your blood sugar
- **Connect with support:** Consider diabetes education programs

### Week 3-4 - Develop your routine

- **Meal planning:** Prepare diabetes-friendly meals in advance
- **Medication consistency:** Take medications at the same times daily
- **Stress management:** Practice deep breathing or light exercise
- **Ask questions:** Don't hesitate to contact your healthcare team

Need help with meal planning? Ask us about our Meal Planning Service called EatLove.

**EatLove**



#### WHEN TO SEEK IMMEDIATE HELP

##### CALL 911 IF YOU EXPERIENCE:

- Blood sugar below 70 mg/dL with confusion or unconsciousness
- Blood sugar above 400 mg/dL with vomiting or difficulty breathing
- Signs of diabetic ketoacidosis (fruity breath, rapid breathing, severe nausea)

##### CONTACT YOUR DOCTOR IF:

- Blood sugars consistently above 250 mg/dL
- Frequent low blood sugar episodes
- Persistent symptoms despite medication compliance



#### YOU DON'T HAVE TO DO THIS ALONE

##### CONSIDER PROFESSIONAL DIABETES EDUCATION WHEN:

- You feel overwhelmed by your diagnosis
- Your blood sugars remain high despite medication
- You want to learn advanced management techniques
- You're interested in reducing medication dependency
- You need help with meal planning and lifestyle changes



#### READY FOR COMPREHENSIVE SUPPORT?

##### BALANCE DIABETES WELLNESS OFFERS:

- Personalized diabetes education
- Insurance-covered appointments
- Functional health approaches
- Ongoing support and guidance

#### Get started

Scan the QR code to explore our Diabetes Care Package and book a free Zoom consult.

#### Questions?

Call us at **817-518-7239**

#### Follow us ONLINE!

 @balanceddiabeteswellness   Balance Diabetes Wellness



# Your Simple 3-Step Path to Personalized Diabetes Care



## We Make Insurance Simple

**Before your first appointment, we'll take care of checking your benefits. We'll find out:**

- ✔ What your insurance covers for diabetes education and nutrition services
- ✔ Your copay and deductible amounts
- ✔ How many visits your plan allows each year
- ✔ Whether you need pre-authorization for services

## Get Started: Book Your Consult and Let Us Handle the Rest

### Step 1: Book Your Free Consultation

Scan the QR code to schedule your 20-minute consult. You'll provide your insurance information upfront so we can verify your benefits before your session.

### Step 2: We Handle Your Insurance Details

Our team contacts your provider and manages all the paperwork. You focus on your health while we confirm your coverage.

### Step 3: Join Your First Session

After booking, you'll receive a Zoom link and appointment details by email. When your session starts, just click the link to join us online. We'll listen to your needs, review your coverage together, and create a personalized plan tailored to your goals and benefits.

## What Most Patients Discover

**About 95% of people we work with have FULL COVERAGE for:**

- One-on-one diabetes education sessions
- Medical nutrition therapy
- Visits with a certified diabetes care and education specialist

### Common Coverage Examples:

- BlueCross BlueShield: Typically covers 1 individual diabetes education visit plus multiple follow-up sessions, though exact benefits vary by plan and location.
- Private insurance: Often covers 12 to unlimited visits for diabetes education and nutrition therapy.
- Most plans: Copays generally range from \$0 to \$40 per visit, depending on your specific insurance.

### Have Questions? Wondering:

- "Will my insurance cover this?"
- "How much will it cost me?"
- "Do I need a referral?"



Scan the QR code to schedule your free 20-minute Zoom consult.



## Questions? We're Here to Help Balance Diabetes Wellness

☎ 817-518-7239

🌐 [contact@balancediabeteswellness.org](mailto:contact@balancediabeteswellness.org)

🌐 [www.balancediabeteswellness.org](http://www.balancediabeteswellness.org)

### Follow our official social media pages:

  @balancediabeteswellness

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