

ABOUT THE SERVICES

Katherine Shaw, RD, CDE has been in diabetes education for more than 17 years.

A registered dietitian (RD) is the leading expert in diet and nutrition counseling. An RD must have a Bachelors of Science degree, and complete a 900 hour supervised internship before being eligible to sit for the RD exam. A Certified Diabetes Educator must have worked in the field of Diabetes for more than 2 years and 1000 practice hours.

Services Available

1. Individual nutrition counseling (MNT) for all types of diabetes, weight loss and nutrition.
2. Diabetes Self-Management Education in small group classes. Classes are 2 hours each for 4 weeks in small discussion group style. Classes cover all areas of diabetes management.
3. Continuous Glucose Monitoring. This is a 3-14 day study that involves wearing a small monitor on the abdomen the size of 2 quarters that helps find the patterns in your blood glucose.

Endocrinology Associates, Inc.

**Katherine Shaw, RD,
CDE**

Dietitian and
Certified Diabetes
Educator

Directions

Suite 200 Jefferson plaza. From I - 581 take the Elm Ave Exit. Turn left onto Jefferson. Jefferson plaza is located on the corner of Albemarle and Jefferson (Black Glass Building). Katherine is located on the second floor, Suite 200.

**Endocrinology
Associates, Inc**
Katherine Shaw, RD, CDE



Diet and Wellness counseling
that fit your lifestyle

1030 S Jefferson St. Suite 200,
Roanoke, VA 24016

Insurance Coverage and Fees

Medical Nutrition Therapy (MNT)

Medicare covers 100% of for people with diabetes or kidney disease before dialysis. Medicare does not cover MNT unless you have diabetes with a fasting glucose over 126 or random glucose over 200mg. Kidney disease without dialysis is also covered. Medicare provides 3 hours initially, and 2 hours each additional year.

Aetna, Cigna, Opitima, United HealthCare and many others may also cover for either MNT and/or Diabetes Self-Management Education (DSME), but it is dependent on the individual plan. You should contact your insurance company to determine what is covered. (Check your deductibles and co-pays)

Medical Nutrition Therapy (MNT)

Fees

Individual Initial MNT -1 hour

15 minutes	\$29.61
30 minutes	\$59.22
45 minutes	\$88.83
60 minutes	\$118.44

Individual Follow up MNT- 30-45 minutes

15 minutes	\$25.61
30 minutes	\$51.22
45 minutes	\$76.83

Diabetes Self-Management Education (DMSE)

Classes begin with an individual session with the diabetes educator followed by four 2 hour group classes held on Thursdays from 4:30pm to 6:30pm. Follow up will be scheduled quarterly, and coordinated with the doctor's visit when possible.

Medicare covers DSME with 1 hour individual and 9 hours of group education. Most insurance plans follow Medicare guidelines

Fees

Individual Initial DSME assessment

30 minutes	\$50.65
1 hour	\$101.30

Group DSME classes

1 - 2 hour class	58.36
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Continuous Glucose Monitoring study (CGMS)

This involves wearing a small 2 inch monitor on the belly that continuously monitors blood glucose. This test involves an appointment to place the monitor and a return visit 72 hours later to return the monitor.

Medicare, Virginia Anthem, and United Healthcare cover the CGMS twice per year if you have any type of diabetes.

Aetna and Cigna may cover the test if you are a Type 1 diabetic on insulin. This is based on Medical necessity.

Most Medicaid insurance plans do not cover the test.

Other insurance plan coverage for CGMS is unknown and depends on your plan. Contact your insurance company and check your plan. The test is Professional Continuous Glucose Monitoring Study and the code you need is 95250 and 95251.

Fees

Initial hook up and training

15 minutes \$300.00

Physician Interpretation and review

\$75.00

Hours of Operation:

Monday through Friday 9AM to 4:30PM

For Appointments Contact:

540-344-3276