

How To Get Diabetic Shoes

Diabetic shoes are different from regular shoes because they have extra depth to accommodate a thicker insert, seamless interior because seams can rub onto the skin, and bigger toe box to accommodate for hammertoes. The most important thing is the extra depth, because it allows us to use a multi-layer insole. The more layers an insole has, the more it can reduce friction, because friction causes diabetic foot ulcers.

Medicare insurance covers most of the costs for diabetic shoes. You get one pair of shoes and up to three pairs of special inserts every year. To get this benefit, you have to meet the qualification criteria:



Diabetic shoes have extra depth to accommodate multi-layered insoles

- Have diabetes.
- Have had at least one of the following:
 - Foot pre-ulcerative callus, foot ulcer, or toe/foot amputation.
 - Neuropathy with a foot callus.
 - Foot deformity.
 - Poor circulation.

These are all conditions that put someone at risk for limb amputation. If you don't qualify for diabetic shoes, that is great news. If you do qualify for shoes, I highly recommend you take advantage of this medical benefit. Here's what you need to do:

- ✓ The doctor caring for your diabetes needs to sign a letter of medical necessity and provide recent clinic office note
- ✓ The doctor caring for your feet needs to give you a prescription.
- ✓ Bring the above documents to a store that dispenses diabetic shoes

I suggest doing a quick search on the internet to see what stores are near you that will accept your insurance. There are lots of local and nation-wide stores that dispense diabetic shoes. It takes about a month or longer for them to make your insert, so I would plan to do this early.

