

## Appendix 35b ▪ Negotiated Risk Agreement Example Participant B

Participant's Last Name	First Name	MI	MSSP #

<p><b>Participant's desire/preference:</b> Participant prefers a diet of high fat, high sugar, fast food, and snacks. He/She doesn't always have time to cook.</p>
<p><b>Current situation/cause(s) of concern:</b> Participant has Insulin-Dependent Diabetes Mellitus (IDDM), which is difficult to control with current diet.</p>
<p><b>Possible/probable negative consequences:</b> The current diet can result in long-term problems with vision, kidneys, heart, and circulation.</p>
<p><b>Possible alternatives to minimize risk:</b></p> <ol style="list-style-type: none"> <li>1) Participant can reduce trips to fast food restaurants from 5x/week to 2x/week.</li> <li>2) When eating at fast food restaurants, order grilled chicken breast or chicken salad with reduced fat dressing, or other low fat, low carbohydrate menu item.</li> <li>3) The care manager can make a referral for nutritional consultation.</li> <li>4) When cooking at home, the participant can prepare additional food to freeze for future meals.</li> <li>5) Participant can plan a week's worth of menus and buy groceries accordingly.</li> <li>6) Have low fat, low sugar snacks available.</li> </ol>
<p><b>Final agreement, if any, reached by all parties:</b> The participant agrees to try #1 and #2. The care manager will obtain information on fat and sugar content of food items at Burger King and McDonald's.</p>
<p><b>Frequency of reassessment of risk:</b> Every month.</p>

Signature/Name	Title	Date
	<i>Participant</i>	
	<i>Care Manager</i>	

See the Site Manual Chapter 3, Section 3.700, Assessing and Documenting Participant Risk, for additional information.