Appendix 38B ▪ Negotiated Risk Agreement Example Participant B

Participant Name: Elliot Exampleton MSSP ID: 5005

Participant's desire/preference:

Participant prefers a diet of high fat, high sugar, fast food, and snacks. Participant doesn't always have time to cook.

Current situation/cause(s) of concern:

Participant has Insulin-Dependent Diabetes Mellitus (IDDM), which is difficult to control with current diet.

Possible/probable negative consequences:

The current diet can result in long-term problems with vision, kidneys, heart, and circulation.

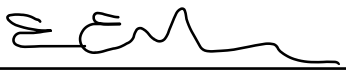
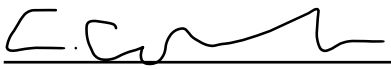
Possible alternatives to minimize risk:

1) Participant can reduce trips to fast food restaurants from 5x/week to 2x/week.
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.
3) The care manager can make a referral for nutritional consultation.
4) When cooking at home, the participant can prepare additional food to freeze for future meals.
5) Participant can plan a week's worth of menus and buy groceries accordingly.
6) Have low fat, low sugar snacks available.

Final agreement, if any, reached by all parties:

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.

Frequency of reassessment of risk: Every month.

Elliot Exampleton		5/20/26
Printed Name (Participant/Representative)	**Signature**	**Date**
Carl Caresalot		05/20/26
Printed Name/Title (Care Manager)	Signature	Date

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