

DIABETES EDUCATION SERVICES

Our Diabetes Education Program is Recognized by the American Diabetes Association (ADA) for quality Diabetes Self-Management Education* and Support (DSMES).



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.



Topics Covered



GLUCOSE MONITORING

Glucometer & CGM training, BG & A1C goals, BG/CGM data download & interpretation



PHYSICAL ACTIVITY

Benefits of activity, effects on BG, different ways to be active



MEDICATIONS

About DM medications, different types of DM medications & how they work



ACUTE & CHRONIC COMPLICATIONS

Signs & Symptoms, how to treat & prevent, problem solving, long-term complications of diabetes, sick days, emergency preparedness



NUTRITION

Macronutrient & fiber effects on BG, healthy eating methods, meal planning, weight loss



HEALTHY COPING & MENTAL HEALTH

Effects of stress on BG, healthy coping mechanisms, emotions/feelings with DM diagnosis, support network

HOW TO REFER

- Referrals are preferred for insurance coverage (**required** for Medicare)
- Refer to "Diabetes Education" in Meditech or Fax to below fax #
- Items required on referrals: Diagnosis & Diagnosis Code, Provider signature, Reason for referral, recent labs, recent progress notes, special indications (i.e. Needs 1-on-1, insulin teaching, CGM training, etc)



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**IN-PERSON
APPOINTMENTS
CURRENTLY AT
LEBANON
LOCATION**

**TELEHEALTH
AVAILABLE
UPON REQUEST**

**ANSON
LOCATION
COMING VERY
SOON!**