

Outpatient Diabetes Education Program

This is a physician referred program. Please speak with your physician about your participation.

Our comprehensive program includes:

- Diabetes self-management training group classes
- Individual medical nutrition therapy session with a dietician
- Follow-up individual sessions as needed
- Individualized diabetes management appointments with a registered nurse
- Insulin injection training
- Insulin pump and continuous glucose monitoring training

We are pleased to provide quality educational programs at the lowest possible cost. Please contact us for current pricing.

We also encourage you to contact your insurance carrier to verify if this program is a covered service. This is a Medicare reimbursed program if you meet certain Medicare requirements.

The Dignity Health, Yavapai Regional Medical Center (YRMC) Outpatient Diabetes Education Program has been recognized by the **American Diabetes Association** for Quality Self-Management Education.

We are pleased to offer these programs at convenient locations in Prescott and Prescott Valley. For more information, please contact:

Prescott

YRMC Wellness Center
Phone: (928) 771-5794
Fax: (928) 771-5351

Prescott Valley

YRMC Del E. Webb Outpatient Center
Phone: (928) 759-5920
Fax: (928) 759-5984

Please see the reverse side for a detailed outline of the YRMC Outpatient Diabetes Education Program



Class time: _____

Class One:

On the Road to Managing Your Diabetes _____

- What is diabetes?
 - Myths and feelings
 - Blood glucose and insulin
- Monitoring
- Managing diabetes with healthy eating, physical activity and medicine
- Stress management
- Support network

Class Two:

Diabetes and Healthy Eating _____

- Relationship between blood glucose and food
- Feelings about food and eating
- Nutrients and food
- What, how much and when to eat
- Meal planning

Class Three:

Monitoring Your Blood Glucose _____

- Blood glucose and insulin
- Blood glucose targets and A1c
- Hyperglycemia and hypoglycemia
- Using monitoring results to manage your diabetes
- Benefits of exercise

Class Four:

Continuing Your Journey with Diabetes _____

- Natural course of diabetes
- Long-term complications of diabetes
- Keeping blood glucose levels on target
- Diabetes medications

Class Five:

How Can I “Put It All Together?” _____

- Goal setting
- Sick day management
- Pattern management
- Fine tuning your meal plan
- Community resources

**Dignity Health, Yavapai
Regional Medical Center
Pendleton Center
Diabetes Self-Management
Training Group Classes**

Prescott

YRMC Wellness Center
Community Education Room
1112 Iron Springs Road
Prescott
(928) 771-5794

Prescott Valley

YRMC Del E Webb Outpatient
Center
Second Floor
3262 N. Windsong Drive
(928) 759-5920

Classes are held in 5-week sessions, and we recommend participants join at the beginning of each session.

For information on the start date for the next session, please contact (928) 771-5794 in Prescott, or (928) 759-5920 in Prescott Valley.