

Living with diabetes

Learn how to live well with diabetes



Join our Living with diabetes program. This 6-month program includes virtual monthly group classes and one-on-one care by a team of medical professionals. This program provides you with the tools, resources and support needed to help you achieve your best health while managing your diabetes.



Virtual classes

Each monthly class meets online for 1 hour. These are no-cost classes. They are led by a registered dietitian or health educator. Topics include:

- Knowing your diabetes ABCs (A1c, blood pressure, cholesterol)
- Myths and facts about diabetes
- Monitoring your blood sugar
- Diabetes medicines
- Meal planning
- How to read food labels
- Healthy eating at restaurants
- Healthy recipe makeovers
- Exercising with diabetes
- Foot and eye care
- Heart health
- Traveling with diabetes



One-on-one care

You'll enjoy the advantages of seeing a team of health care professionals. This team is an extension of your primary care provider (PCP). You may work with a:

- **Registered nurse, certified diabetes care and education specialist** - This is a health care professional with special training in diabetes. They can help you understand what your lab results mean. They can teach you how to get your numbers back into a normal range. They can teach you how to take your diabetes medicine and test your blood sugar.
- **Registered dietitian** - A dietitian is an expert in healthy eating. Dietitians can teach you how foods affect your blood sugar. They can give you advice on how to balance eating with medicine and plan meals.
- **Pharmacist** - Medicines can be hard to understand. A clinical pharmacist will go over all your medicines and make care plans just for you. If needed, they'll work with your PCP to make changes. This way you can get the best results.
- **Endocrinologist** - This specialist manages the most complex cases in the treatment of diabetes and other endocrine diseases. Your PCP and pharmacist will let you know if you need to see an endocrinologist.



Sign up for the Living with Diabetes program

1-800-335-3362, TTY 711

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ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-800-403-4160, TTY 711.

請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請致電：1-800-403-4160, TTY 711。

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