

Group Education Sessions for People with Diabetes

Diabetes Education is recommended for everyone at diagnosis, annually, and with any new change in your health.

Where: HAMC

Cost: There is a charge for these 2 hour classes, which may be covered by your insurance or Medicare.

To Register: Call the Diabetes Education Dept at 701.776.5455 ext. 2204

Pre-registration is required. Both day and evening options are offered for these classes.

About Our Diabetes Program

All of our classes use hands on activities to help you understand the ins and outs of diabetes management.

All participants will receive a scheduled 1:1 meeting with our Certified Diabetes Educator to develop your own individual goals. Each participant is able to receive blood pressure, glucose and weight measurements at each class.

- Most major insurance companies have coverage for diabetes education. Talk to your provider about a referral.
- Medicare allows 2 hours of follow-up education annually.



800 South Main Avenue

Rugby, ND 58368

Kathy Brandt, RD, LRD, CDE

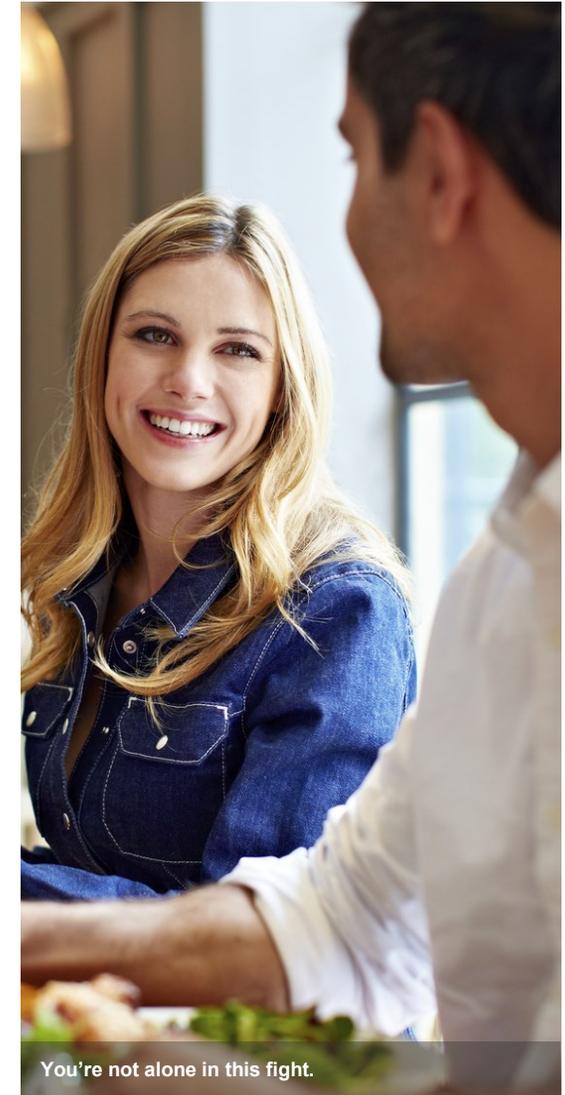
701.776.5455 ext.2204

www.hamc.com

Good Samaritan Hospital Association does not discriminate on the basis of race, color, national origin, sex, age, or disability in its health programs and activities.

German: **ACHTUNG** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-293-8133 (TDD 1-701-776-5043)

Spanish: **ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-293-8133 (TDD 1-701-776-5043)



DIABETES HEALTH CLASS

Heart of America Medical Center

#1 On the Road to Better Managing Your Diabetes

KEY POINTS

- What diabetes is and some of the most common myths about diabetes
- The feelings that you can have about diabetes
- What blood glucose and insulin are
- Monitoring your blood glucose and using the results
- Managing diabetes with healthy eating, physical activity, and taking medicine
- The importance of having a plan and engaging a support network

#2 Diabetes and Healthy Eating

KEY POINTS

- The relationship between blood glucose and food
- Feelings about food and eating
- The nutrients that make up food
- How what you eat, how much you eat and when you eat can affect your blood glucose
- Meal planning and other strategies for healthy eating
- The importance of having a plan and engaging a support network and healthcare

#3 Monitoring Your Blood Glucose

KEY POINTS

- What blood glucose and insulin are
- Blood glucose targets and how you feel when your blood glucose is in and out of your target ranges
- Monitoring and knowing you're A1C
- What can make blood glucose go up and down and preventing high and low blood glucose
- Using your monitoring results to manage your diabetes



Proper management gains you a higher quality of life.



There is more support than ever before.

#4 Continuing Your Journey with Diabetes

KEY POINTS

- The natural course of diabetes
- Recognizing the fact that it may become more difficult to keep your blood glucose within your target range
- The potential long-term complications of diabetes
- How to delay or reduce the risk of long-term complications by keeping your blood glucose on target
- The importance of checking for long-term complications and knowing your ABCs

Contact Us

Heart of America Medical Center
800 South Main Ave
Rugby ND, 58368

(701) 776.5261

Visit us on the web: www.hamc.com