

MERITUS DIABETES EDUCATION OFFERINGS



Diabetes Prevention Program (DPP)

If you have been diagnosed with prediabetes or are concerned that you might be at risk for developing it (defined as having an A1C of 5.7 - 6.4 percent, or a fasting blood glucose of 100 - 125 mg/dl) consider joining this **year-long** program that focuses on diet and exercise to HALT prediabetes.

- The **core session** is weekly for an hour and includes education in a group setting for 6 months.
- The **post core session** meets for 1 hour monthly for the remaining 6 months.



Diabetes Self Management Education (DSME)

Diabetes Self-Management Education taught in Room 108 at Robinwood is certified by the American Diabetes Association and taught by Certified Diabetes Educators (CDE's) The clinical classes teach: the basics for those with Type 1 Diabetes; Type 2 Diabetes, or gestational diabetes; how to obtain and use a glucose monitor, how to use an insulin pump; how to count carbohydrates and what your goal should be; managing sick days, proper foot care and the importance of exercise and healthy eating. You will need to obtain an order from your Primary Care so your insurance will pay for this program.

Diabetes Support Group

Come join others learning to manage Diabetes with our once a month support group. Each month a different topic will be discussed by the group.

First Monday of every month from 11:00 a.m. to 12:00 p.m. in suite 108 Robinwood, yellow entrance.



Meritus
Health



Medical Nutritionist

Healthy eating is an important factor when it comes to your overall well-being. But these days it isn't easy to find the time to learn about nutrition. That's why Meritus Health offers "Ask the Nutritionist," an easy way for you to get answers to your nutrition questions and find out about dietary issues that are important to you. You can go to our website meritushealth.com and search for Ask the Nutritionist. Type in your question and they will response back to you. There are also frequently asked questions for review as well. If you are wanting to lose weight or have other chronic disease where a nutritionist can help, please contact your PCP and have them send an order to the MEND department where you can be scheduled for an appointment.

For more information call 301-714-4045



Living Well with Diabetes

If you have been diagnosed with diabetes and would like to learn how to count carbs, monitor your blood sugar, how exercise and diet can help you maintain your levels, please join us at this 6 week program which meets weekly to learn more about the disease.

We promise to provide the comprehensive quality diabetes education that you deserve and to ensure that every person feels cared for, valued, and respected.