

About *Our Program*

Diabetes can be hard to manage when you don't completely understand it. This class offers the tools and techniques you need to control your diabetes instead of letting it control you.

Confluence Health's "Caring For You and Your Diabetes" Program has been Recognized by the American Diabetes Association for Quality Self-Management Education for meeting the National Standards for Diabetes Self-Management Education.



Our Diabetes Educators



Bindu Nayak, MD



Lisa Stone, MD



Cameron Van Tassell, BC-ADM

Caring *for* *you and your* Diabetes

2015

Diabetes Education Classes



We are dedicated to improving our patients' health by providing safe, high-quality care in a compassionate and cost-effective manner.



Class Topics

Nutrition & Medication

- Practice meal planning, carbohydrate counting, label reading and heart-healthy eating.
- Learn how your medications work and how to know if they are working for you.

Monitoring

- Discover new meter technology and how to use your meter correctly.
- Learn how to self-manage by using monitoring as a feedback tool.

Preventing Long Term Complications

- Take steps to prevent foot ulcers, blindness, kidney disease & heart disease.
- Set small goals to control your diabetes now and prevent problems later.

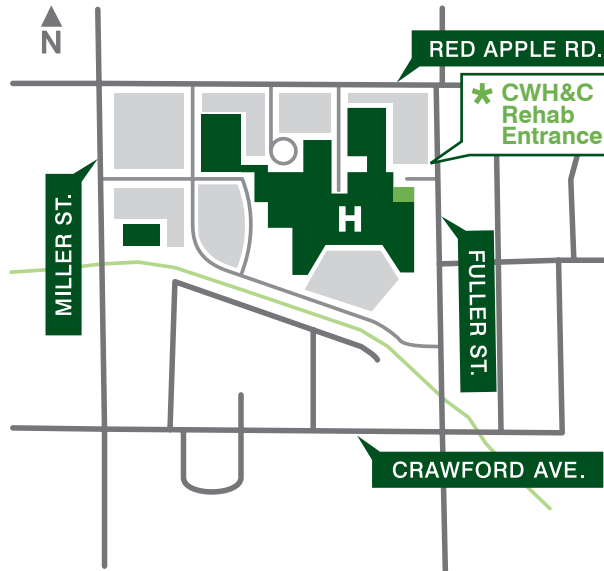
Exercise & Daily Care

- Find out how to fit exercise into a busy schedule and choose exercises appropriate for you.
- Use planning to avoid low blood sugar, monitor food health and know what to do when you get sick.

Location

Diabetes Education Classes are held at:

- ★ Central Washington Hospital & Clinics
1201 S. Miller Street
Wenatchee WA, 98801
(Check in at the Rehab Services Desk)



Date & Time

Classes will be offered weekly, starting the first Tuesday of each month, for four weeks.

4:30 p.m. - 6:30 p.m. * Dinner is included *

Additional Information

Pre-Assessments

Classes include an individual pre-assessment to gauge patient needs and understanding. These are held by appointment every Tuesday from 8 a.m. to 12 p.m. and every Thursday from 1 - 5 p.m.

Each pre-assessment lasts one hour and should be completed before group sessions begin.

All patients must have a referral for Diabetes Self-Management Training (DSMT). Please contact your primary care physician for more details.

Insurance

Your insurance may or may not cover the services provided during these classes. To obtain the most accurate information, please check with your insurance carrier to discuss the benefits provided by your medical plan.

For more information or to schedule your pre-assessment visit please call:

509.663.8711 x: 5533