

# Diabetes Education

## Control diabetes for life!

Our program has been designed to help you meet your diabetes goals. You will work with a registered dietitian and a registered nurse with extensive experience in diabetes management and education. Your diabetes team will work closely with your referring physician to manage your diabetes.

## Diabetes self-management education

- The diabetes nurse educator will assess you to determine your education needs.
- We offer both individual and group education to meet insurance coverage requirements.
- We also offer a monthly support group.

## Program benefits

### What will the program teach me?

You will learn skills to manage your diabetes and meet the goals set by you, your physician and healthcare team, including:

- A meal plan appropriate for your lifestyle
- Blood glucose monitoring and pattern management
- Insulin administration and adjustment
- Oral diabetes medications
- Sick-day management
- Prevention and treatment of low and high blood sugar
- Coping strategies
- Exercise benefits and precautions
- Prevention and treatment of diabetes-related problems, such as heart, kidney, eye, and nerve disease.

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### **Will health insurance cover the program?**

We accept most insurance plans; however, patients and their referring physicians should verify insurance coverage for this type of service. Please remember that you are responsible for your referral. Keep in mind that each insurance plan is different, so we advise you to call your individual insurance provider. If you cannot afford the program, you may contact our financial counseling office at **443-444-3855**.

### **A support group could benefit you.**

Our monthly educational and support group is focused on helping participants learn about diabetes care. Guest speakers share information about nutrition, medication, monitoring, and advancements in diabetes care.

The group is facilitated by a diabetes educator. This group is free and meets the third Monday of every month from 2:30 to 4 pm. Visit **MedStarGoodSam.org** or call **443-444-4100** for more information.

Our Diabetes Education program is part of the **MedStar Diabetes Institute**. The **American Diabetes Association** recognizes this program as meeting the National Standards for Diabetes Self-Management Education.

**MedStarGoodSam.org**

5601 Loch Raven Blvd.  
Baltimore, MD 21239  
443-444-8000 **PHONE**  
410-323-1794 **TTY**

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**Focused on You**