

Outpatient Diabetes Education

This is a physician-referred program. Please speak with your physician about joining.

Our comprehensive program includes:

- Diabetes self-management training group classes
- Individual medical nutrition therapy session with a dietitian
- Follow-up individual sessions as needed
- Individualized diabetes management appointments with a registered nurse
- Insulin injection training
- Insulin pump and continuous glucose monitoring training

We are pleased to provide quality educational programs at the lowest possible cost. Please contact us for current pricing.

We also encourage you to contact your insurance carrier to verify if this program is a covered service. This is a Medicare reimbursed program if you meet certain Medicare requirements.

The Dignity Health Yavapai Regional Medical Center (YRMC) Outpatient Diabetes Education Program has been recognized by the **American Diabetes Association** for Quality Self-Management Education.

We are pleased to offer these programs at convenient locations in Prescott and Prescott Valley. For more information, please contact:

Prescott

Dignity Health YRMC
Outpatient Services Building West
Phone: (928) 771-5794
Fax: (928) 771-5351

Prescott Valley

Dignity Health YRMC
Del E. Webb Outpatient Center
Phone: (928) 759-5920
Fax: (928) 759-5984

Please see the reverse side for a detailed outline of the YRMC Outpatient Diabetes Education Program.



Class time: _____

Class One: _____

Managing Your Diabetes

- What is diabetes?
 - Myths and feelings
 - Blood glucose and insulin
- 5 Ms of diabetes management
 - Monitoring
 - Meals: Healthy eating
 - Motion: Being active
 - Medications
 - Mindfulness
- Building a support network

Class Two: _____

Meals: Healthy Eating

- Relationship between blood glucose and food
- Feelings about food and eating
- Nutrients and food
- What, how much and when to eat
- Meal planning

Class Three: _____

Monitoring, Motion and Problem Solving

- Blood glucose and insulin
- Targets, A1c, and time in range
- Pattern management
- Hypoglycemia and hyperglycemia
- Being active: The benefits of exercise

Class Four: _____

Reducing Risks and Healthy Coping

- Natural course of diabetes
- Long-term complications of diabetes
- Keeping blood glucose levels on target
- Healthy coping

Class Five: _____

Taking Medications and Putting it All Together

- Diabetes medications
- Sick day management
- Setting goals
- Community resources
- Next steps

Dignity Health Yavapai Regional Medical Center Pendleton Center

Diabetes Self-Management Training Group Classes

Prescott

Dignity Health YRMC
Outpatient Services Building West
Woodruff Family Conference Center
1001 Willow Creek Road
Prescott, Arizona
(928) 771-5794

Prescott Valley

Dignity Health YRMC
Del E Webb Outpatient Center
3262 N. Windsong Drive
Prescott Valley, Arizona
(928) 759-5920

**Classes are held in 5-week sessions.
We recommend participants join at
the beginning of each session.**

**To learn the start date of the
next session, please contact
(928) 771-5794 in Prescott, or
(928) 759-5920 in Prescott Valley.**