

Free Diabetes Education Program

Your doctor has told you that you have diabetes - type 1 or type 2. You understand that some changes have to be made. Our group classes focus on the seven (7) critical self-care behaviors identified to best produce good outcomes by the *American Association of Diabetes Educators*. Each program enrollee will attend a series of special classes over a six month period. Classes are held during the day, and at different times during the month. The program includes a one hour individual assessment to evaluate diabetes skills, medications and blood sugar patterns. Education appointments for class and follow ups will be scheduled at your initial visit. Diabetes and Pre-Diabetes education are available at UNC Lenoir Health Care and the community site at Kinston Community Health Care.

The following classes and follow ups are required for program completion:

Initial Assessment Building the Foundation

- Being active
- Taking medication
- Monitoring glucose levels

Completing the Foundation

- Healthy eating
- Problem solving for high and low glucose levels and sick day management
- Healthy coping strategies

Risk Reduction

- Reducing risks of diabetes complications

Taking Care of Me Now

- Follow up at 3 months with self care education

Looking Ahead

- Follow up at 6 months with self care education

Free Pre-Diabetes Education

Pre-diabetes is a condition in which blood sugars are higher than normal but not high enough to be diagnosed with diabetes. Without positive lifestyle changes, a diagnosis of diabetes is likely in the next 2-5 years. UNC Lenoir Health Care offers a structured pre-diabetes education program to assist individuals with behavior changes in an effort to prevent the onset of diabetes.

MNT

Medical Nutrition Therapy, (MNT) is an educational option for people with diabetes provided by a registered dietitian. Research has shown that MNT along with Diabetes Self Management Education enhances the individual's ability to self manage their disease. MNT is provided as a fee-based service outside of the program and will require a referral from your physician.

Fees and Payments for MNT

Please bring your insurance card or cards (including Medicare and/or Medicaid cards) and a valid driver's license with you to your appointment. Co-pays will be collected at the time of your visit. The hospital will bill you after your insurance has been filed. The patient bears financial responsibility for educational services, regardless of insurance coverage. Financial counselors at UNC Lenoir Health Care are available to help you with payment options if necessary.

Physician Referrals

You must have a referral from your physician to make an appointment with one of our educators. Call our office with questions regarding referrals for diabetes education or medical nutrition therapy.

Physical Activity An Exercise Intervention

The correlation between obesity and sedentary lifestyle is known to relate directly to the development of type 2 diabetes. Pedometers will be used to identify step and walking progress. Membership to the *Minges Wellness Center* will assure that physical activity levels will be increased. Family members will be encouraged to support and motivate the program participant to increase physical activity. Membership information can be obtained by calling (252) 522-7207.

The UNC Lenoir Health Care Walking Track provides a safe environment to increase physical activity. The well lit walking track is monitored by our Security department and is open to the public dawn to dusk. A playground area and picnic pavilion encourages exercise to be a family activity.



Certified fitness instructors encourage participants to have fun meeting exercise goals.

Emergencies

If you have an emergency, please call your primary care physician or go directly to the nearest emergency care facility.

Telephone Calls

Our telephone policy is structured to allow our educators to provide care for patients with a minimum of interruptions. Therefore, it may be necessary for you to leave a message on our voice-mail system when you call. Please leave your name, telephone number and a brief message, and we will return your call as soon as possible.

Our volunteers will provide a reminder mailed message for you prior to your appointment.

Appointments

Appointments are scheduled on the first mutually acceptable and available date and time. If you are unable to keep your appointment, please notify us as soon as you can. You will be contacted once to reschedule a missed appointment and the referring physician will be notified if the appointment is missed.

If your physician has ordered MNT, check with your insurance carrier to determine if your policy covers this education.

What to bring to your appointment:

- Blood sugar monitor - if you don't have one, we will discuss available meters
- Log of blood sugars
- Current medications including any vitamins or herbal products
- List of what you ate for one day
- Insurance cards and driver's license
- Please DO NOT fast before your visit. We will not be doing blood work.

Accredited Program

The Diabetes Wellness Program is accredited by the American Association of Diabetes Educators. This allows residents in and around Lenoir County increased access to critical diabetes education services.

Diabetes education is a collaborative process through which people with or at risk for diabetes gain the knowledge and skills needed to modify behavior and successfully self-manage the disease and its related conditions. Diabetes Education at UNC Lenoir Health Care is provided by Certified Diabetes Educators.

DEAP

DIABETES EDUCATION ACCREDITATION PROGRAM



UNC Lenoir Health Care
100 Airport Road
Kinston, NC 28501
252-522-7014
www.lenoirmemorial.org



Diabetes Wellness Program

A Course in
Self-Management
located in the
Minnie P. Stackhouse
Diabetes Center
Community Site Kinston
Community Health Center



Diabetes Education ~ 252-522-7616
Community Site ~ 252-522-9800 ext. 311
Medical Nutrition Therapy ~ 252-522-7471