

DIABETES EDUCATION SERIES

AT UW NEIGHBORHOOD CLINICS

Join us for our three-part series of diabetes education classes. Our classes will help you learn how to live a healthy life with diabetes.

Why should you attend?

- Learn new ways to manage your diabetes
- Connect with other people that have diabetes

What information is covered in each class?

Class 1: Diabetes Survival Skills

- How diabetes can affect your health
- Checking your blood sugar at home: why and how
- Explain blood tests that your doctor uses for tracking your diabetes control
- Treating low blood sugars
- Healthful eating: what can I eat when I have diabetes?
- Learning about carbohydrates

Class 2: Diabetes Self-Care Skills

- How diabetes medicines work
- What to do when you are sick
- Traveling with diabetes
- Being active: why and how
- Heart healthy eating
- Sugar substitutes

Class 3: Staying Healthy Long-Term

- How to stay healthy long-term with diabetes
- Learn about important tests and when they should be done
- Healthy ways to cope with a chronic illness
- Explain how diabetes affects our mental health

To support your diabetes self-care efforts, you will make a personal health goal at the end of each class. After the series, one-on-one sessions are available with your clinic's registered nurse or registered dietitian to support your long-term health goals.

When and where are the classes?

- Federal Way Clinic – First three Thursday's of the month from 2 to 4 p.m.
Located at 32018 23rd Ave S., Federal Way, WA 98003
- Northgate Clinic – First three Tuesday's of the month from 10 a.m. to 12 p.m.
Located at 314 NE Thornton Place, Seattle, WA 98125
- Woodinville Clinic – First three Wednesday's of the month from 4 to 6 p.m.
Located at 17638 140th Ave. NE, Woodinville, WA 98072

How do I join a class?

Our diabetes classes are covered by most insurance providers, including Medicare and Medicaid. Check with your insurance provider to find out if diabetes classes are a covered benefit. You need to get a referral from your provider prior to your first class; we are happy to help with this when you call us. To sign up, please talk to your provider or call your clinic.

Frequently Asked Questions

1. Can I bring a support person to class?
Yes, you are encouraged to bring along a support person to all of our classes at no additional cost.
2. Do I have to take classes in order?
The classes work best when they are taken in order. Classes can be taken at your own pace--you can take all three classes in one month or take one class per month.
3. What do I need to bring to class?
Just yourself, you will receive handouts to support what you learn during each class.
4. How many people are in a class?
Classes are limited to eight people (not including support persons) to encourage more active discussion.
5. What if I can't attend classes?
If you prefer one-on-one education, or are unable to attend the classes, we do offer one-on-one visits with our certified diabetes educators.
6. Are classes covered by insurance?
Our diabetes classes are covered by most insurance providers, including Medicare and Medicaid. Please check with your insurance to find out if diabetes classes are a covered benefit for you. Our diabetes classes are recognized by the American Diabetes Association, which ensures that the education you receive meets the National Standards for Diabetes Self-Management Education.

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