

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

- Overview of diabetes
- Importance of self-management
- Blood glucose monitoring
- Healthful eating
- Introduction to counting carbohydrates
- Label reading

Class 2

- Understanding diabetes medications
- Heart-healthy eating
- Benefits of physical activity
- Sick-day management

Class 3

- Reducing risks of complications
- Living with diabetes – healthy coping

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
- Issaquah Clinic – First three Thursday's of the month from 4 to 6 p.m.
Located at 1740 NW Maple Street, Suite 100, Seattle, WA 98027
- Northgate Clinic – First three **Tuesday's of the month** from 3 to 5 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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