



Diabetes Self-Management Program offers diabetes education by Certified Diabetes Educators. We will work closely with your physician to tailor your diet, medication and blood glucose monitoring to fit your individual needs. A summary of your progress will be sent to your physician upon completion of the program. Diabetes Discovery is recognized by the American Diabetes Association for Quality Self-management Education*

Services Include:

- Initial assessment with a registered nurse to determine your learning needs and preliminary lab work to determine how well your diabetes is controlled.
- Comprehensive group classes designed to help you control and manage your diabetes more effectively. This includes: blood sugar meter instruction, a diabetes book and a FREE three month follow-up on your progress.
- Individual consultation with a dietitian to plan your meals upon completion of group class.
- Meter clinics to assist you in using your blood glucose meter allowing you to make the most of your monitoring.
- Gestational diabetes clinics that instructs mothers-to-be on how to manage diabetes during pregnancy.

- Free support group for people with diabetes, and the important people in their lives.
- Planned workshops on advances in managing your diabetes.
- Exercise program geared for people with diabetes at St. John Hospital and Medical Center and St. John Macomb Hospital.

Outpatient Group Class Topics:

- What is Diabetes
- Coping with Diabetes
- How Food Affects Your Blood Sugars
- Label Reading/Eating Out
- Changing Recipes for Healthier Eating
- Blood Testing
- Medication
- High and Low Blood Sugars
- Exercise, Foot Care and Prevention of Complications
- Current Updates in Diabetes Care



PRESCRIPTION

Name of Participant _____

Address _____

City _____

State _____ Zip Code _____

Phone Number _____

Physician to complete:

SPECIFIC MEDICAL CONDITION: (please check appropriate box)

- Change in treatment regimen
- New to diabetes medicine
- Oral medication to insulin
- Hospital visit (ER or admission) within last year for:
 - Severe hypoglycemia
 - Severe hyperglycemia
 - Gestational diabetes

DOCUMENTED COMPLICATIONS:

- foot complications
- pre-proliferative/proliferative retinopathy
- prior laser treatment of the eye
- kidney complications

SPECIAL NEEDS:

- Severe vision/hearing impairment
- Language barrier
- Psychological disorder

Prescription Authorizes Education Pre/Post

HbA1c and Glucometer, unless indicated

HbA1c (within 2 mos) _____

Date _____

Physician Signature _____



Cost:

As a recognized and certified program, reimbursement from Medicare, Medicaid, and several other commercial/private insurance providers. A physician's order is required for reimbursement.

For more information:

Call the Diabetes program as listed on the back of this brochure. Times and schedules of each program may vary.



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

St. John Hospital and Medical Center
22101 Moross Road
Detroit, MI
48236-2172
313.343.6830

St. John Macomb Hospital
11800 East Twelve Mile Road,
Warren, MI 48093
810.573.5731

St. John River District Hospital
4100 River Road
East China Township, MI
810.329.5303



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Diabetes Discovery:

A
Self-Management
Education
Program



We're answering the call