

A photograph of two Black women in a kitchen. The woman on the left, wearing a dark blue shirt and a silver hoop earring, is feeding the woman on the right with a spoon. The woman on the right, wearing a red top and a necklace, has her eyes closed and is savoring the food. In the background, there are wooden kitchen cabinets and a window showing greenery outside. On the counter, there is a large metal bowl filled with green leafy vegetables, a wooden cutting board, and a knife.

Managing Diabetes

Take control

Managing your diabetes can help you feel healthier, have more energy, and decrease your risk of diabetes complications.

Diabetes Care Management

For Kaiser Permanente members 18 and older who are newly diagnosed with diabetes or who have had it a while but want to manage their condition more effectively

Work one-on-one with your personal doctor's diabetes care manager (pharmacist or nurse) to improve your diabetes control.

Your diabetes care manager can:

- Teach you more about diabetes management.
- Review your blood sugars.
- Initiate and adjust your medications.
- Order and monitor labs.
- Connect you with other helpful resources.
- Coordinate with your personal doctor.

No fee for Kaiser Permanente members

You need a referral from your doctor to work with a diabetes care manager. Call or email your doctor via **kp.org/messages** to ask for a referral.

Nutrition Diabetes Class – webinar

For Kaiser Permanente members 18 and older with type 2 diabetes

Learn more about how nutrition can impact your diabetes in this webinar led by a registered dietitian.

1 session, 1 hour

Fee may apply. Check with Member Services at **503-813-2000**, option 5, for details.

You need a referral from your doctor to participate in this class. Call or email your doctor via **kp.org/messages** to ask for a nutrition department referral.

Gestational Diabetes Class

For Kaiser Permanente members with gestational diabetes

Work with a registered dietitian and gestational diabetes nurse to learn more about how you can manage your gestational diabetes.

You will:

- Learn about the basics of gestational diabetes.
- Understand the importance of testing your blood sugars.
- Learn how to test your blood sugars.
- Discuss the importance of carbohydrates.
- Learn how much, when, and what to eat.
- Review label reading and the importance of getting regular physical activity.

1 session, 90 minutes

Fee may apply. Check with Member Services at **503-813-2000**, option 5, for details.

You need a referral from your doctor to participate in this class. Call or email your doctor via **kp.org/messages** to ask for a nutrition department referral.



Pediatric Diabetes Program

For pediatric Kaiser Permanente members who have been diagnosed with diabetes, and their families

Get information and support. The program offers several classes:

- Insulin pump class – families can learn the information they need before entering the world of technology and diabetes management.
- Transition class – preparing high school seniors with type 1 diabetes for the next step in their lives.

No fee for Kaiser Permanente members

Virtual and in-person classes are offered at different times through the year. For more information, please call **503-331-6260**.

Want to know more?

- Go to **kp.org/healthengagement/diabetes**.
- Find programs and services near you at **kp.org/communityresources**. Explore this directory of resources in your area – including programs for food, housing, childcare, utilities, employment, and more.
- Check out the online wellness programs at **kp.org/healthylifestyles**. They are for Kaiser Permanente members at no additional cost. More info is on page 51.
- Visit **kp.org/mentalhealth** to explore mental health and wellness resources, including online self-assessments and self-care apps*.
- Get reduced rates on studios, gyms, fitness gear, and online classes at **healthy.kaiserpermanente.org/oregon-washington/health-wellness/fitness-deals**.

*Only available to Kaiser Permanente members with medical coverage.