

TAKE CONTROL

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



Diabetes Basics

Whether you've been newly diagnosed with diabetes or have been managing this condition for a while, "Diabetes Basics" is a valuable learning experience. People who completed the "Basics" series on average lost weight and improved their blood glucose control. The group sessions, led by a certified diabetes educator, are fun and interactive. You explore healthy eating, blood glucose monitoring, physical activity, and more. Discussions encourage you to discover your successes, learn from others, and build confidence. The program also uses the Cultivating Health® *Managing Diabetes Kit*. Please bring your blood glucose meter to the first session.

3 sessions, 2.5 hours each

Members \$50

Nonmembers \$200

Free to Medicare members

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

Materials and individual instruction are provided only for paid participants. But you are encouraged to bring an adult support person to any of the sessions, free of charge. Participants may bring snacks/drinks for their own use, if needed.

Diabetes Basics – Webinar

This online series covers topics to help you manage your type 2 diabetes from the comfort of your home or office. A certified diabetes educator will share information in an interactive environment that includes healthy eating, blood glucose monitoring, physical activity, and avoiding complications. This new webinar presents the same topics covered in the popular Diabetes Basics class. Class materials are mailed to participants upon registration.

3 sessions, 1.5 hours each, for Kaiser Permanente members

No fee

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

Beyond Basics: Carbohydrate Counting Made Easy

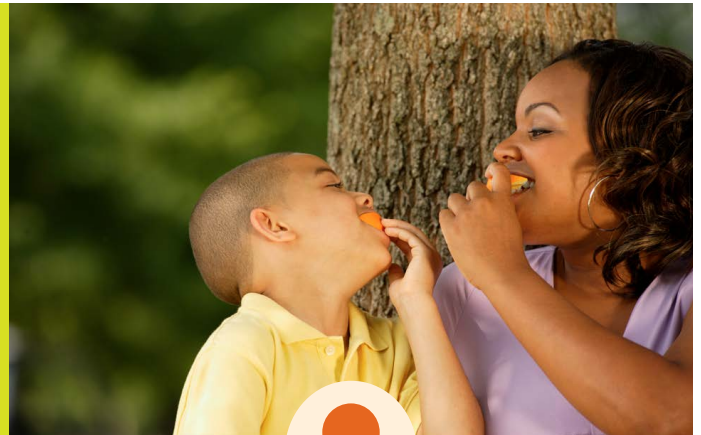
This small-group appointment is for Kaiser Permanente members who have type 2 diabetes, whether you are newly diagnosed or just need a refresher on meal planning. Learn the basics of diabetes meal planning, balanced nutrition, and label reading. This session is led by registered dietitians and certified diabetes educators.

1 session, 90 minutes

Fee: specialty office visit copay

Class size is limited to 10 members. You are welcome to bring one support person with you, free of charge.

Ask your doctor for a referral to this class. Once a referral is made, you will be called with scheduling information.



Want to know more?

- Go to kp.org/healthengagement/diabetes.

Insulin Information

Are you new to insulin? Have you been taking insulin for some time and want an update? Join this session, led by a certified diabetes educator, and learn about the types of insulin, injection sites and techniques, how to time injections with meals and activity, and guidelines about syringe disposal. Using insulin can help prevent serious and permanent complications from long-term high blood glucose. **Please bring your blood glucose meter and log book with you to class. If you have insulin and syringes, please bring them. (If you do not yet have your insulin and syringes, it is OK to attend without them.)**

1 session, 3 hours (limited to 4 participants)

Free for Kaiser Permanente members

Nonmembers \$40

Free to Medicare members

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

Household medical waste

Most states have laws requiring that all sharps (syringes and lancets) must be placed in a medical waste container for disposal. Kaiser Permanente pharmacies carry sharps containers you can purchase for home use.

Pediatric Diabetes Program

The Pediatric Diabetes Program offers several classes for children who have been diagnosed with type 1 diabetes, and their families. They include:

- Insulin pump classes, where families can learn the necessary information before entering the world of technology and diabetes management.
- Advanced diabetes classes, building on initial type 1 diabetes knowledge and dealing with the myths and realities of raising a child with diabetes.
- A transition class, preparing high school seniors with type 1 diabetes for the next step in their lives.

Free for Kaiser Permanente members and their families.

Classes are offered at different times through the year. For more information, please call 503-331-6260.