



Managing diabetes

Take control

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

Diabetes Basics – by phone or video* visit

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

Learn how diabetes affects your body and what you can do to manage it.

Work individually with a certified diabetes educator to explore healthy eating, blood glucose monitoring, physical activity, and avoiding complications.

1 session, 2 hours

No fee for Kaiser Permanente members

To register, please call **503-286-6816** or **1-866-301-3866**, option 1.

Diabetes Basics – webinar

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

Learn how diabetes affects your body and what you can do to manage it.

From the comfort of your home or office, learn about healthy eating, blood glucose monitoring, physical activity, and avoiding complications. The group sessions are led by a certified diabetes educator.

3 sessions, 1.5 hours each

No fee for Kaiser Permanente members

To register, sign on at **kp.org/appointments**. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts and make your selections to finish registering.

Note: *Please register for only the first session of a class.* When you schedule online, **kp.org** will register you for all sessions, but will show only the date of the first session. Within a few days, you can log on to **kp.org** and see all the dates and times of your upcoming sessions.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

*When appropriate, available, and legally permissible.

*These features are available when you get care at Kaiser Permanente facilities.

*If you travel out of state, phone appointments and video visits may not be available due to state laws that prevent doctors from providing care across state lines. Laws differ by state.

*To have a video visit, members must be registered on kp.org and have a camera-equipped computer or mobile device.

Insulin Information – by phone or video* visit

For Kaiser Permanente members who need to start insulin or have been taking insulin for a while and need a refresher

Work individually with a certified diabetes educator to learn about insulin, injection techniques, and how to time insulin with meals and activity. Proper disposal of insulin syringes also will be covered.

1 session, 2 hours

No fee for Kaiser Permanente members

To register, please call **503-286-6816** or **1-866-301-3866**, option 1.

NEW! Insulin Information – webinar

For Kaiser Permanente members who need to start insulin or have been taking insulin for a while and need a refresher

Learn about insulin, injection techniques, how to time insulin with meals and activity, and proper disposal of insulin syringes. This webinar is led by a certified diabetes educator.

1 session, 2 hours

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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.
- Advanced diabetes class – build on your type 1 diabetes knowledge and discuss the myths and realities of raising a child with diabetes.
- Transition class – preparing high school seniors with type 1 diabetes for the next step in their lives.
- Pediatric diabetes support groups.

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 49.
- Use the apps at kp.org/selfcareapps*. They are digital personalized programs. *myStrength* includes interactive activities, in-the-moment coping tools, inspirational resources, and community support. Topics include pregnancy and early parenting. *Calm* is for relaxation, sleep, and dealing with emotions – designed to help lower stress, reduce anxiety, and more. *Ginger* gives you text-based emotional support coaching, available 24/7.

*Only available to Kaiser Permanente members with medical coverage.