

About *Our Program*

Diabetes can be hard to manage when you don't completely understand it. This class offers the tools and techniques you need to control your diabetes instead of letting it control you.

Confluence Health's "Caring For You and Your Diabetes" Program has been Recognized by the American Diabetes Association for Quality Self-Management Education for meeting the National Standards for Diabetes Self-Management Education.



Our Diabetes Educators



Bindu Nayak, MD



Lisa Stone, MD



Joann Gruener, RD

Caring *for* *you and your* Diabetes

Diabetes Education Classes

OKANOGAN COUNTY

Form 50060 9/23



confluencehealth.org



Class Topics

Nutrition & Medication

Practice meal planning, carbohydrate counting, label reading and heart-healthy eating.

Learn how your medications work and how to know if they are working for you.

Monitoring

Discover new meter technology and how to use your meter correctly.

Learn how to self-manage by using monitoring as a feedback tool.

Preventing Long-Term Complications

Take steps to prevent foot ulcers, blindness, kidney disease & heart disease.

Set small goals to control your diabetes now and prevent problems later.

Exercise & Daily Care

Find out how to fit exercise into a busy schedule and choose exercises appropriate for you.

Use planning to avoid low blood sugar, monitor food health and know what to do when you get sick.

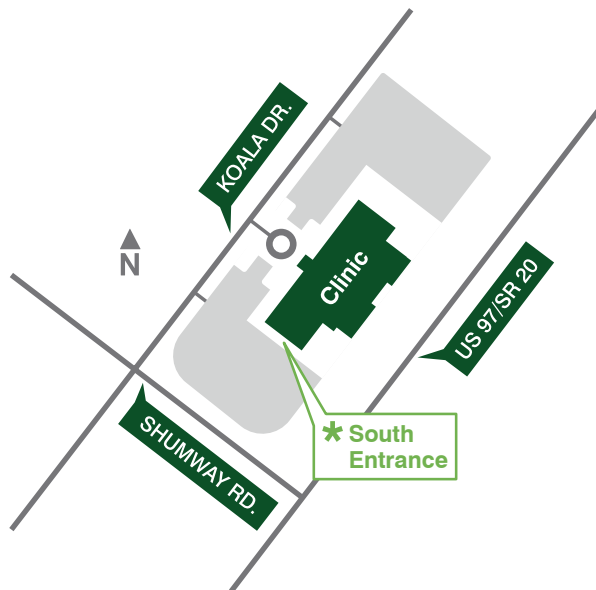
Location

Classes Are Held At:

* Omak Campus

916 Koala Drive
Omak, WA 98841

(Check-in at the South Entrance)



Date & Time

Additional Information

Pre-Assessments

Classes include a one-hour individual appointment before or after the series, as desired. The appointment can be scheduled during clinic hours.

All patients must have a referral for Diabetes Self-Management Training (DSMT). Please contact your primary care physician for more details.

Insurance

Your insurance may or may not cover the services provided during these classes. To obtain the most accurate information, please check with your insurance carrier to discuss the benefits provided by your medical plan.

For more information or to schedule your visit please call:
509.662.1511 x: 31915
