

Diabetes Self-Management Education at Middlesex Health

Middlesex Health Center for Chronic Care Management + call 860-358-5420

What is Diabetes Self-Management Education

Diabetes Self-Management Education is a preventative health care benefit available to people with diabetes. Participants learn lifestyle and behavioral change methods to help prevent hospitalizations along with other diabetes-related complications. The training teaches people with diabetes to effectively self-manage their symptoms.

The 10-hour training is taught by a registered nurse and registered dietitian team, who specialize in diabetes care and education.

How Does the Training Work?

Diabetes Self-Management Education is offered on an individual basis or in a small group setting over several weeks. The initial training of 10 hours is covered by Medicare and most commercial insurers. The training plan is designed with you to incorporate your personal needs and preferences.

What are Some Benefits of Attending the Training?

- Self-empowerment
- Gain the knowledge and skills to self-manage
- Learn how and what to eat
- Learn how and when to exercise
- Learn how to use a glucometer to check your blood sugar level
- Learn how to use injectable medications safely and confidently, such as insulin

10-Hour Training Topics

- Blood sugar control
- Weight loss methods
- Managing stress level
- Diet and exercise
- Cultural norms
- Goal setting



Wide-ranging evidence shows that attending **Diabetes Self-Management Education:**

- Improves hemoglobin A1C levels
- Improves your quality of life
- Reduces the advancement and/or onset of diabetes complications
- Enhances self-efficacy and empowerment
- Increases health coping
- Decreases the presence of diabetes-related distress and depression

Talk to your provider about referring you for education. Call **Middlesex Health Center for Chronic Care Management** at **860-358-5420** to learn more about the training and to reserve your spot today. *Day and evening appointments are available.*

Middletown

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For more information on diabetes management and Middlesex Health Center for Chronic Care Management, visit MiddlesexHealth.org/ChronicCare