



For additional information on the services provided, please contact our team at 940-764-8190.



Diabetes  
Self-Management  
Education Program  
**is now offering  
telehealth options**



United Regional's Diabetes Self-Management Education Program has been certified by the American Diabetes Association and is now offering telehealth options.



### What is Diabetes Self-Management?

The “self-management” concept means that you – the patient – are the central focus, and your team includes your physician, certified diabetes care and education specialist, registered dietician, registered nurse and many other health care professionals.

### How will I visit with my team using telehealth?

Telehealth visits are offered through MyChart, FaceTime, and Facebook Messenger, or by telephone. They include a comprehensive assessment and individual educational sessions for you and your family to learn self-management skills that will help reduce the risk of complications from diabetes. These sessions include topics such as individual meal planning and goal setting.

Upon completion of the program, follow-up visits provide an opportunity for you to continue to meet with diabetes educators to assess and review progress in managing diabetes. Diabetes self-management classes are also available in Spanish.

### What does the program include?

- Diabetes overview
- Exercise education
- Goal setting and problem solving for daily living
- Insulin initiation
- Insulin pump training and education and initiation
- Education and management of diabetes before and after pregnancy
- Managing low and high blood glucose
- Meal planning and carbohydrate counting
- Medications overview
- Prevention of complications
- Healthy coping
- Sick day management
- Stress management
- Continuous glucose monitoring systems
- Support groups and community resources

### How do I get started in the program?

A physician referral is required to enroll. Once the referral is received, the staff will contact you to schedule your appointment.

Reimbursement for outpatient education is offered through Medicare and most major insurance providers. Financial assistance is also available for those who qualify.