



\*The American Diabetes Association recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

# Diabetes Management

## GET IN TOUCH

### WHAT YOU SHOULD DO

The American Diabetes Association recommends good blood glucose (blood sugar) control.

You can achieve this by following a treatment plan that results in a daily blood glucose average of 154 or lower and an A1C (a three-month average) of 7% or lower.

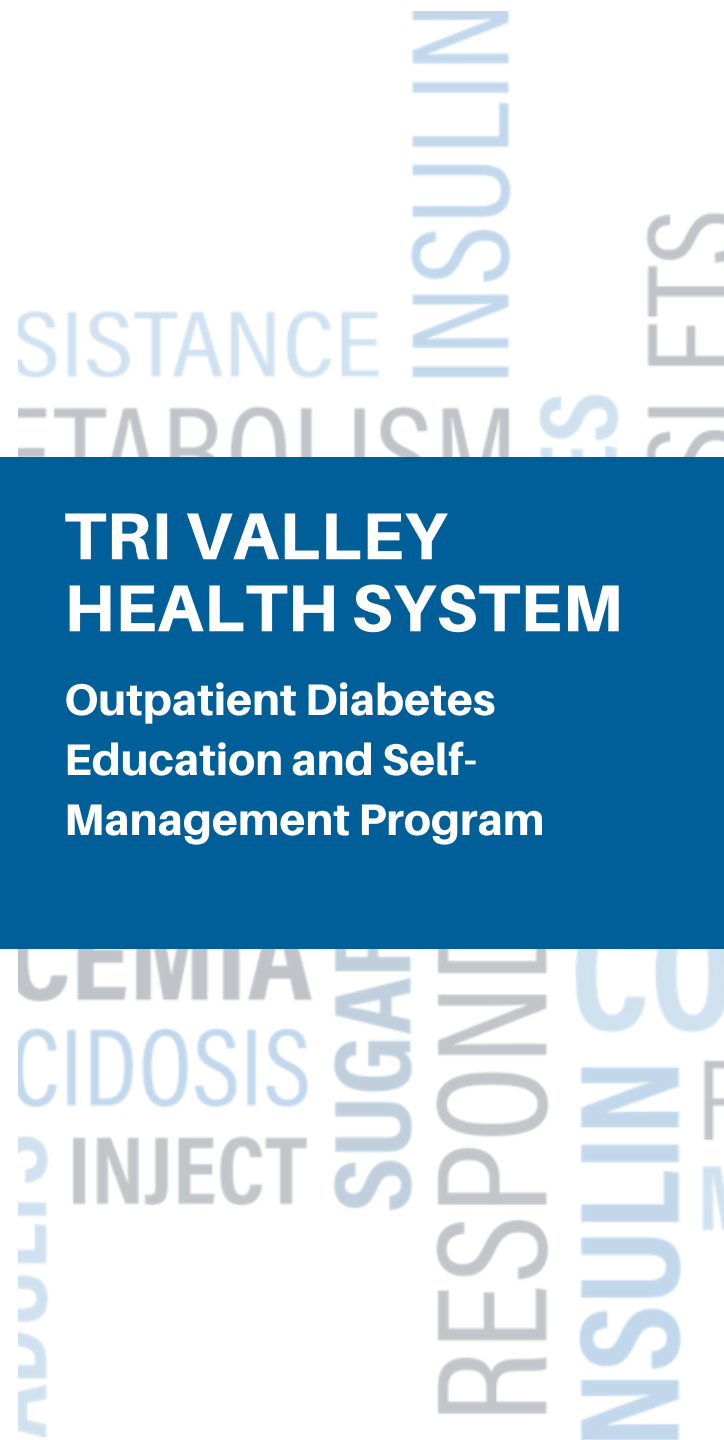
For more information about diabetes or about the education and self-management program at Tri Valley Health System, call 308-697-1153.

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## TRI VALLEY HEALTH SYSTEM

### Outpatient Diabetes Education and Self-Management Program





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In order to succeed, motivation and education are key! You can reduce your risk of blindness, kidney failure and nerve damage by 50% to 75% with near-normal blood glucose control.



## Outpatient Diabetes Education

The Tri Valley Health System education program, taught by a skilled healthcare team that specializes in diabetes, teaches you everything you need to know about managing your diabetes so you can live a healthier life. Many, many program participants have seen reduced A1C levels and they feel more confident in their ability to manage their diabetes.

Diabetes is one of the most serious health problems of our time.

## WHAT YOU LEARN

- An understanding of diabetes and how it affects your body
- Blood glucose monitoring and how to use the results
- Healthy eating habits
- Monitoring your medications
- The importance of exercise and activity
- Early detection and prevention of complications

## INSURANCE COVERAGE

Tri Valley Health System provides a multi-part course that is offered at various times to accommodate your individual schedule. Family members are welcome to attend with you, at no additional cost. We also offer individual instruction as needed. The charge for this program will be billed to your medical insurance. If you have been diagnosed with diabetes, Medicare will cover the cost of the education, as will many other insurance carriers.

\*Check with your carrier if you are unsure of coverage.

## WHAT YOU SHOULD KNOW

- More than 30.3 million Americans have diabetes.
- Almost 7 million do not know they have it.
- 84.1 million have pre-diabetes
- More than 174,627 Nebraskans (11.6% of the adult population) have diabetes
- Directly and indirectly the cost of diabetes is \$327 billion per year.
- Uncontrolled diabetes is the: Leading cause of blindness, leading cause of kidney failure, leading cause of amputations, 7th leading cause of death
- Many people have very mild symptoms or no symptoms at all