

DMC Foundation

☐ *“Health Through Education”*

DIABETES COMMUNITY SERVICES

Prevention ♦ Education ♦ Management



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

Diabetes Screening
Blood Glucose Monitoring
Carbohydrate Counting
Insulin Administration

Nutrition Counseling
Diabetes Support Groups
Group & Individual Education
Day & Evening Classes

Diabetes Self-Management Education Program

Pre-Assessment: Diabetes History

Including blood pressure, blood glucose, weight, current lab A1c.

Pre-Program Assessment

4-Part Course = 8 hours

Post Program Evaluation

Develop Individual Diabetes Plan

Annual Follow up

One hour class. Evaluate diabetes plan progress, check A1c

Access to a Certified Diabetes Educator during duration in program

FREE DIABETES SCREENINGS and blood pressure monitoring
every Tuesday, 8:30 to 10:00 a.m. at DMC Foundation (730 McHenry)
and Wednesdays, 8:30 to 10:30 a.m. at Patterson Family Pharmacy

Your health insurance may cover all or part of class cost, including All Care, MediCare and Medi-Cal Blue Cross or call to verify if this program is covered by your healthcare insurance plan.

For class information and registration call:

DMC Foundation at **527-3412**
730 McHenry Avenue, Modesto CA