

Free Diabetes Education

Your doctor has told you that you have diabetes - type 1 or type 2. You understand that some changes have to be made. Our group classes focus on the seven (7) critical self-care behaviors identified to best produce good outcomes by the *American Association of Diabetes Educators*. Your diabetes educator will work with you to develop an education plan from a series of interactive classes geared toward improving your self-management skills. These group classes are held during the day and you will have the opportunity to choose and schedule these classes during your initial appointment.

MNT

Medical Nutrition Therapy, (MNT) is an educational option for people with diabetes provided by a registered dietitian. Research has shown that MNT along with Diabetes Self Management Education enhances the individual's ability to self manage their disease. MNT is provided as a fee-based service outside of the diabetes education program and will require a referral from your physician. During this individual appointment you will work with a dietitian with additional training in diabetes. MNT can help you make an educated choice and take the guessing out of planning your meals.

Fees and Payments for MNT

Please bring your insurance card or cards and a valid driver's license with you to your appointment. Co-pays will be collected at the time of your visit. The hospital will bill you after your insurance has been filed. The patient bears financial responsibility for educational services, regardless of insurance coverage. Financial counselors at UNC Lenoir Health Care are available to help you with payment options if necessary.

Physician Referrals

You must have a referral from your physician to make an appointment with one of our educators. Call our office with questions regarding referrals for diabetes education or medical nutrition therapy.



Physical Activity

An Exercise Intervention

The correlation between obesity and sedentary lifestyle is known to relate directly to the development of type 2 diabetes. Membership to the *Minges Wellness Center* will assure that physical activity levels will be increased. Your diabetes educator will share additional information about this awesome resource. Family members will be encouraged to support and motivate the program participant to increase physical activity. Membership information can be obtained by calling (252) 522-7207.

The UNC Lenoir Health Care Walking Track provides a safe environment to increase physical activity. The well lit walking track is monitored by our Security department and is open to the public dawn to dusk. A playground area and picnic pavilion encourages exercise to be a family activity.



Certified fitness instructors encourage participants to have fun meeting exercise goals.

Emergencies

If you have an emergency, please call your primary care physician or go directly to the nearest emergency care facility.

Telephone Calls

Our telephone policy is structured to allow our educators to provide care for patients with a minimum of interruptions. Therefore, it may be necessary for you to leave a message on our voice-mail system when you call. Please leave your name, telephone number and a brief message, and we will return your call as soon as possible.

Appointments

Appointments are scheduled on the first mutually acceptable and available date and time. If you are unable to keep your appointment, please notify us as soon as you can. Your provider will be notified of missed appointments.

If your physician has ordered MNT, check with your insurance carrier to determine if your policy covers this education.

What to bring to your appointment:

- Blood sugar monitor - if you don't have one, we will discuss available meters
- Log of blood sugars
- Current medications including any vitamins or herbal products
- List of what you ate for one day
- Insurance cards and driver's license
- Please DO NOT fast before your visit. We will not be doing blood work.

Accredited Program

The Diabetes Wellness Program is accredited by the American Association of Diabetes Educators. This allows residents in and around Lenoir County increased access to critical diabetes education services.

Diabetes education is a collaborative process through which people with diabetes gain the knowledge and skills needed to modify behavior and successfully self-manage the disease and its related conditions. Diabetes Education at UNC Lenoir Health Care is provided by Certified Diabetes Educators.

DEAP

DIABETES EDUCATION
ACCREDITATION PROGRAM



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Diabetes Wellness Program

A Course in
Self-Management
located in the
Minnie P. Stackhouse
Diabetes Center



Diabetes Education ~ 252-522-7616
Medical Nutrition Therapy ~ 252-522-7471