

# Living Well With Diabetes

*Diabetes Education*



 **McLaren**

PORT HURON

Diabetes is a complex disease that requires daily self-management. Routine medical appointments are also necessary to talk regularly with your diabetes management team to problem-solve, reduce risks for complications and cope with lifestyle changes.



### Expertise in Diabetes Care

McLaren Port Huron continues to raise the bar in caring for diabetes patients. The McLaren Port Huron Diabetes Education program is certified by the American Diabetes Association and the Michigan Department of Community Health. Most recently, McLaren Port Huron earned the Joint Commission Gold Seal of Approval® for advanced inpatient diabetes care – an accreditation that only three hospitals in the state of Michigan have achieved. These accrediting agencies recognize the safe, high-quality care, treatment and services that are continuously achieved by our diabetes education team.

### Our education program focuses on seven self care behaviors.

- 1 ..... Healthy eating
- 2 ..... Being active
- 3 ..... Blood sugar monitoring
- 4 ..... Taking medication
- 5 ..... Problem solving
- 6 ..... Reducing risks
- 7 ..... Healthy coping

### Diabetes Educators

Diabetes educators are healthcare professionals – nurses, dietitians, pharmacists and social workers among others – who specialize in the care and education of people with diabetes. Our educators have earned their Certified Diabetes Education (CDE), which requires considerable experience and passage of a rigorous national exam.

### Education and Support Focused on You

Educational classes are offered at various times monthly. Individual education and counseling are provided to those who request or require it. An adult diabetes support group meets regularly. For more information, visit [www.mclaren.org/phdiabetes](http://www.mclaren.org/phdiabetes).

### Advanced Systems

McLaren Port Huron offers the 72-hour continuous glucose monitoring system. This advanced technology tracks average levels of blood glucose, giving your healthcare provider specific information used to determine a program designed for individual patient needs.



## Payment Options

Medicare beneficiaries are entitled to ten hours of class program and two hours of individual training annually. Commercial insurers frequently cover all or a portion of the cost of education. The McLaren Port Huron Foundation Community Benefit program provides for additional support toward the cost of Diabetes Education classes.

## ADDITIONAL INFORMATION

**Diabetes Education** (810) 989-3362



PORT HURON

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[mclaren.org/porthuron](http://mclaren.org/porthuron)