

PAYMENT

The program fee is typically \$300-500.00 per session depending on attendance/individual needs and time. It includes all materials. This program is covered by most insurance companies (including MeCare & Medicare) at 80% - 100% after the annual deductible is met. Call your insurance company for more information. Please call to discuss payment options if you do not have insurance! Our Business Office will work with you. (Fees are subject to change.)

Call 858-2261 for exact dates & times of Training Sessions as they may change from howlisted brochure.

Free Diabetes Support Group

1st Tuesday of each month at
6:30 pm in
Conference Room #1

All Welcome!

RFGH offers a free support group for people with Diabetes, family members & friends.

Just come when you can!



Dr. Celeste Quianzon, Physician Advisor for DSMT says, "Diabetes self-management training is a must for patients looking at better control of their diabetes and dealing with it. Patients who know more about diabetes and how to cope with it do much better."



Redington-Fairview
General Hospital
Fairview Avenue, Skowhegan
858-2261
www.rfgh.net

Diabetes

Self

Management



If you want to gain the knowledge, confidence, & skills to take control of your diabetes, your health, and your life . . . Please ask your doctor for a referral to RFGH's DSMT program!

2016-17 Schedule

(Each Training Session includes a meeting with the Nurse Educator & Dietitian)

◆ **September** 5:30—7:30 pm
(1st, 7, & 15, & 20th)

November 11th 9am-4pm

February 7th 9am-4pm

May 2nd, 9th, 16 9am-11am

The classes cover:

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What diabetes is and common myths, Feeling and emotional adjustment, monitoring your blood sugar, benefits of physical activity and healthy eating. Goal setting and problem solving

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Nutrition and Meal Planning with Carbohydrate Counting

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Medications, Preventing and treating both acute and chronic complications

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Monitoring blood glucose pattern and insulin therapy (optional)

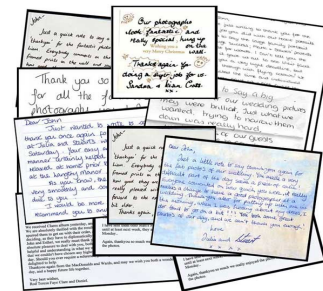
Each Training Session Includes:

(In addition to the classes)

- ◆ A private meeting for one (1) hour with the RN instructor to discuss your personal needs and plan your program (before Class 1).
- ◆ A private meeting for one (1) hour with a Dietitian to develop a meal plan especially for you.
- ◆ Redington-Fairview holds these group sessions sessions four (4) times per year. Individual private meeting available all year by appointments

The Instructors

The classes are taught by Registered Nurses and Registered Dietitians. All of our instructors have been specially trained to teach the DSMT program by the Maine Diabetes Prevention & Control Program. Our program is recognized and certification



DSMT

Participant Testimonials

- ◆ "I love the new things I am learning."
- ◆ "Personalized presentation very informative."
- ◆ "I love all the support I am getting, Thanks!"
- ◆ "I know I'm not the only one with diabetes and know that I can call to get help."
- ◆ "Many thanks for all this valuable knowledge. My future health is safer and under control. I feel empowered. Control is mine!"
- ◆ "I have been diabetic for 14 years and am in control and I still learned some new and interesting things."
- ◆ "Great program, learned how to manage my diabetes—not afraid of it. Thank you!"
- ◆ I have so much more information than I did before. Now I have a blueprint to a new life. Thank you so much!"