



American Diabetes Association Recognized Diabetes Self-Management Education Program

Class #1 Diabetes Basics, Reducing Risk, Medications and Monitoring

Location: TBD

Time: AM or PM (see back)

What is diabetes?

What are the different types of diabetes?

Which organs are involved in regulation of blood sugar?

The latest research in diabetes

What are the acute and chronic complications of uncontrolled diabetes?

Blood pressure, cholesterol, foot care, eye care, dental care

Hypoglycemia and hyperglycemia

DKA and HHS

How to test blood sugar

Target blood sugars

Keeping a log

Pattern management – what do I do with my results?

Oral and injectable medications

Injection techniques and sharp disposal

Class #2 Physical Activity and Healthy Eating

Location: TBD

Time: AM or PM

What should I be eating?

How to balance meals

Portion control

Weight loss

Types of activity

Aerobic and anaerobic exercise

ADA guidelines for activity and diabetes

Class #3 Problem Solving, Healthy Coping, Reaching Goals

Location: TBD
Time: AM or PM

How to deal with the stress of having diabetes
Overcoming barriers to diabetes self-management

Setting SMART goals
Conquering barriers
Keeping follow-up appointments
Support

*** A referral from your provider is required**

*** Check with your insurance that Diabetes Self-Management Training Classes are a covered benefit.** The following information can be used to inquire about the coverage:

- Provider: Stony Brook Hospital. 101 Nicolls Rd. Stony Brook, NY 11794
- Provider #: 113243405
- NPI#: 1972523348
- Type of service: Diabetes Self-Management Training
- CPT Code: G0109

*** Individual appointments: check with your insurance how many hours per year you are covered for.**

- Medical Nutrition Therapy: CPT codes 97802 (initial) and 97803 (follow up)
- Diabetes Self-Management Education individual: CPT Code G0108

Tentative schedule for 2020

MORNING 9:30 am-12:30pm	EVENING 5:30 pm- 7:30 pm
Wednesdays January 29, February 5 & 12	Wednesdays March 11, 18 (until 8:30pm), 25 & April 1
Wednesdays April 15, 22 & 19	Wednesdays May 6, 13, 20 (until 8:30 pm), & 27