

DIABETES EDUCATION CLASSES

If you have been diagnosed with diabetes, Methodist Le Bonheur Germantown Hospital offers a variety of educational classes. Classes are led by registered nurses and dietitians and are designed to teach you how to manage your diabetes.

WHAT CAN YOU EXPECT?

Your initial appointment includes:

One-on-one assessment of learning needs • Customized teaching plan that you will help create

FREE BLOOD SUGAR METER AVAILABLE

The customized teaching plan follows recommendations from the American Diabetes Association.

TEACHING PLANS COVER:

Diabetes overview • Nutrition • Physical activity • Medications • Monitoring
Preventing, detecting, and treating complications • Goal setting and problem solving
Lifestyle adjustments and risk reduction

REGISTRATION AND INSURANCE:

Most insurances cover the cost of diabetes education at the request of your physician.
Check with your insurance company to find out if your plan covers classes, and if so, talk to your doctor about providing a written request.

Physicians may fax their request to **901.516.4900** and register you for classes by calling **901.516.9000**.

Classes are held at
7705 Poplar Avenue in Medical Office Bldg. B, Suite #150
Germantown, TN 38138

For more information, visit www.methodisthealth.org/diabetes.

For questions, please contact Kristy Merritt, BSN, RN, CDE at **901.516.6616** or Kristy.Merritt@mlh.org.

A Program Recognized by the American Diabetes Association



Methodist
Le Bonheur Healthcare
Germantown Hospital