

# Benefits of Diabetes Education

AdventHealth Diabetes Institute

Any diabetes education that you received in the hospital is just the beginning of the path of learning that can help you successfully manage your diabetes each day. Our staff of diabetes care and education specialist can provide you with the knowledge and tools you need to optimize your health thru specially designed classes.

## What You Will Learn

- How to prevent complications due to diabetes
- How to manage your diabetes medications
- How to monitor your blood glucose
- Why you need a specially designed meal plan
- How to plan meals that improve blood-glucose control
- How to start an exercise program
- How to make lifestyle changes that improve your health
- How to cope with the stress of living with diabetes

## Classes Offered

All of our diabetes group classes and nutrition consults are available in two modalities: in person and virtual.

- **Diabetes-education group classes**  
Available at AdventHealth Orlando and AdventHealth Winter Park. Morning, afternoon and weekend classes are available. Classes are offered in English and Spanish.
- **One-on-one nutrition consultations**  
Nutrition consults for Medicare patients are covered at 100%.
- **Lifestyle group sessions**  
Monthly, one-hour programs based on CREATION Health principles
- **New Day, New Way**  
A six-month, weight-management program

Our diabetes experts highly recommend education as an integral part of your health care. However, you are under no obligation to participate. If you decide to sign up for one or more of our classes, we can help. After gathering some basic information from you we will:

- Schedule your classes and send you an information packet
- Request required information from your provider
- Contact your insurance company and let you know the cost, if any, before you arrive.

All patients may apply for help covering the cost of diabetes education services through the *Linda Nordyke Hambleton Education Scholarship Fund*.

**To learn more about our diabetes education program or to sign up for classes, call us at 407-303-2822.**

**AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.**

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.

