

# MANAGING DIABETES HAS NEVER BEEN EASIER



Visits can now be done in a variety of ways. Patient visits can be done via telemedicine and in person. To learn more call (810) 342-5506.

## **YOU HAVE THE POWER TO TAKE CONTROL OF YOUR DIABETES.**

Learning how to manage diabetes can be challenging but knowledge is empowering and our team at McLaren Flint Diabetes Education is here to guide you. Our program is accredited by the Association of Diabetes Care and Education Specialists.

## **WE OFFER CLASSES FOR TYPE 1, TYPE 2, AND GESTATIONAL DIABETES.**

Your doctor may order diabetes classes, medical nutrition therapy, or follow up diabetes education depending on your individual needs.

## **WHAT CAN I EXPECT WHEN MY DOCTOR ORDERS DIABETES CLASSES?**

Your first visit will be 1:1 with our registered dietitian in person, or via telehealth. This visit includes going over your individual needs, your goals and planning your educational sessions.

The next step is a series of three classes that can be taken via telehealth or in person. Classes address meal planning, carbohydrate counting, blood sugar monitoring, exercise, medications, stress and coping, sick day management, and risk reduction. Classes are held in a setting where all are welcome and supported.

### **McLaren Flint Diabetes Program**

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