

Diabetes Management

Care Management Services



Hours:

Monday - Friday
8 a.m. - 4:30 p.m.

(515) 386-2114, ext. 469
FAX: (515) 386-2017

Greene County Medical Center
1000 West Lincolnway
Jefferson, IA 50129

gcmchealth.com



Diabetes Self-Management Education Class

For adult patients with the diagnosis of diabetes or pre-diabetes.

Classes offered for:

- Type 1
- Type 2
- Gestational diabetes

This class is designed to include two-hour sessions in a 12-14 week period. Sessions are available in groups or on an individual basis based on special needs. Additional sessions are also available based on individual needs.

Class topics include:

- What is diabetes?
- Coping with diabetes
- Insulin and oral medications
- Nutrition basics and meal planning
- Exercise benefits and precautions
- Self blood glucose testing
- What to do when blood sugars are too high or too low
- Sick day management
- Preventing complications
- Stress management
- Lifestyle behavior changes
- Community resources

No referral necessary.

Contact your insurance company to see if diabetes education services are covered under your insurance plan.

Annual Diabetes Review

- For patients who have completed an initial training class or have had prior diabetes education
- Up to two hours of education may be received per calendar year
- Sessions are based on assessed individual needs and physician referral

Insulin Pump Therapy and Continuous Glucose Monitoring Training

- For patients who have been screened and meet criteria for use
- Sessions for training are based on individual needs and physician referral

Medical Nutrition Therapy

- For patients with diagnosis of diabetes and/or other medical conditions or unrelated disease processes
- Physician referral must be provided and must state medical necessity

Diabetes Support Group

Be alert for announcements in local media for information about these meetings.

Presentations

Presentations by Diabetes Management staff are available. Call Diabetes Management for more information.

American Diabetes Association
Recognized Program

Iowa Department of Public Health
State Certified Program