

We Care.
We Teach.
We Empower.

Whether you have just learned you have diabetes, or have had it for many years, Saunders Medical Center Diabetes Health Coaches can help you develop a plan to stay healthy.

Living with diabetes can be challenging. Healthy eating, physical activity, monitoring blood glucose levels, taking medication and reducing your risk for complications can be overwhelming. You don't have to face these challenges alone.

Our team can help you—

- Learn how to cope with diabetes*
- Overcome your fears*
- Adopt new behaviors*
- Identify problems*
- Find additional resources and support*

Diabetes education is covered by Medicare and most health insurance plans.



Contact Our Diabetes Health Coaches

Talk with your doctor or healthcare provider to find out if diabetes education can help you! Contact our Diabetes Health Coaches at **402 443-4191** to schedule an appointment.



Nicole Josephsen
RN, BSN
402 443-4191 ext. 538



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RN, BSN
402 443-4191 ext. 400



READY TO SCHEDULE? HAVE QUESTIONS? CALL TODAY—

402 443-4191

SaundersMedicalCenter.com



Diabetes

SELF-MANAGEMENT,
EDUCATION & SUPPORT



- Diabetes Overview*
- Nutrition*
- Blood Glucose Monitoring*
- Medications*
- Annual Follow-Up*



Diabetes

SELF-MANAGEMENT, EDUCATION & SUPPORT

After receiving your doctor referral, our Diabetes Health Coaches will contact you to schedule an appointment. During this appointment they will work with you to design an individualized plan for your care.

Diabetes affects about 29 million people in the United States; this includes 8.1 million who are unaware they have diabetes, and 86 million who have pre-diabetes.

Whether you have just learned you have diabetes or have had it for many years, Saunders Medical Center's Diabetes Health Coaches can help you develop a plan to stay healthy.

Nutrition

Education on nutrition focuses on carbohydrate counting, weight management, lipid control and meal planning. Making healthy food choices and eating at regular times are two of the most important steps you can take to control your blood sugar levels and stay healthy.

Medications

There are eight classes of oral prescription diabetes medications, and two injectable medications and insulin. Let SMC's Diabetes Health Coaches help you understand your medications better and their side effects. They work closely with your healthcare provider to create a treatment plan for you!

Continuous Blood Glucose Monitoring | Self-Monitoring

Continuous glucose monitoring is a tool that helps identify patterns of high or low blood glucose levels. The monitor automatically measures your blood glucose levels every five minutes. After seven days, your results are sent to your doctor to identify problem areas. Your Diabetes Health Coach and doctor will work together to find ways to improve your glycemic control.

Annual Follow-Up

Diabetes treatments are always changing and improving. Stay up-to-date on your diabetes care by returning annually for follow-up education. Annual follow-up is a benefit offered by Medicare and many insurance plans.



Individual Education

Patients who need support with advanced carbohydrate counting, insulin start or insulin pump management can meet individually with a Diabetes Health Coach. Patients with compromised physical, emotional or learning disabilities may also benefit from individual education.

