



Joslin Diabetes Center
Affiliate at
Southeast Texas Medical Associates LLP

Diabetes Education Program

SETMA's Diabetes Self-Management Education Program is Nationally Recognized by the American Diabetes Association. * **Location: 3570 College Ste. 200**, Beaumont, TX 77701

The following is the process for participants of the diabetes education program in accordance with the recommendations of the American Diabetes Association:

- **First Visit:** Initial assessment with the diabetes educator
- **Group sessions covering the ten content areas**
 - ***Diabetes 101*** is an interactive session demonstrating what happens in the body with diabetes, discussion about how to cope with diabetes and stress, learning about what your blood glucose numbers mean and how to use these numbers to direct change and get better results.
 - ***Keep it Level*** is an instructional class to help you understand how to prevent, detect and treat acute complications such as high and low blood sugar and illness as well as understand how medications work to manage diabetes.
 - ***Mastering Meals*** is an interactive class that is designed to help you understand and use meal planning to control blood glucose as well as blood pressure.
 - ***Stop the Damage*** is an instructional class about preventing long-term complications often related to diabetes as well as learning how to detect these complications and treat them if necessary.
- **Follow-up Post Group Sessions**
- **Annual Update/Refresher Education as needed**
- ***REAL WORLD Diabetes:*** An interactive class for persons using insulin to manage blood glucose designed to create balance between one's lifestyle and insulin needs.

Diabetes education is often times reimbursable by insurance. Any questions related to billing should be directed to 833-9797 ext. 3162.

If you need to reschedule any of your classes please call 833-9797 ext 3450 or 3180.

Congratulations on taking steps to learn how to manage your diabetes and prevent complications! We look forward to seeing you!

Schedule

Group Diabetes Morning Series Check in at 8:45 am Class from 9-11:30am				
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	
Diabetes 101	Keep It Level	Mastering Meals	Stop the Damage	
November 10 th	November 11 th	November 12 th	November 13 th	
December 8 th	December 9 th	December 10 th	December 11 th	
January 12 th	January 13 th	January 14 th	January 15 th	
February 10 th	February 11 th	February 12 th	February 13 th	
Group Diabetes Afternoon Series Check in at 12:45 pm Class from 1-3:30pm				
Diabetes 101	Keep It Level	Mastering Meals	Stop the Damage	
December 1 st	December 2 nd	December 3 rd	December 4 th	
January 5 th	January 6 th	January 7 th	January 8 th	
January 26 th	January 27 th	January 28 th	January 29 th	
Feb 23 rd	Feb 24 th	Feb 25 th	Feb 26 th	
Additional Classes to Meet Your Individual Needs- Please Check in 15 minutes before class begins				
Heart Healthy Eating (CMR)	The Kidney Connection	Healthy Weight=Healthy You Series	Keys to Prevention (Pre-DM)	Refresh, Renew, Revive (Annual Update)
Dec. 17 th 12-2pm	Nov. 25 th 2-4pm	Dec. 30 th and Jan. 6 th : 10am-12pm	Dec. 30 th 2:30-4:30pm	Dec. 18 th 9-11am
Jan 20 th 2-4pm	Dec. 23 rd 8-10am	Feb. 16 th and 18 th 12-2pm	Feb. 19 th 9-11am	Jan. 22 nd 12-2pm
	Jan 21 st 12-2pm			
Smoking Cessation Series 4-4:30pm Each Day: Check in at 3:45pm				
Motivation	Preparation	Action	Staying the Course	
Jan. 6 th	Jan. 13 th	Jan. 27 th	Feb. 3 rd	
Real World Diabetes Classes- NOT A SERIES- Single Classes				
November 19th 8:30-9:45am	Dec. 15th 4:15-5:30pm	Jan. 9th 9-10:15am		

Don't forget! The Diabetes Support Group meets every 2nd Tuesday of the Month at 2pm. Prize drawing every meeting!



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.