Diabetes Self-Management Education Program

Education is the key to successfully managing your diabetes. You are the most important member of the diabetes management team. We will provide you with the knowledge and skills to control your blood sugar and live a healthy life.

What I Will Learn

- What is Diabetes?
- Nutrition & Meal Planning
- Exercise & Physical Activity
- Medications
- Self Blood Glucose Monitoring
- Dealing with High & Low Blood Sugars
- Avoiding Long-term Complications
- Foot Care
- Goal Setting & Problem Solving
- Emotional Adjustment & Stress Management
- Healthy Lifestyle Changes

Attend This Program If You Are

- Recently Diagnosed with Diabetes
- Changing your Treatment or Nutrition Plan
- Having Difficulty Controlling your Diabetes

Who Will Teach the Classes

Specialists in diabetes education including certified diabetes educators, registered nurses, registered dietitians and physical therapists.

Important Points

- Your physician will be contacted to complete the required referral form.
- One family member or friend may attend with you at no additional cost.
- If you need specific assistance, please let us know when you register.
- Program sites are handicapped accessible.

Additional Services

- Individual Instruction available, by appointment, for:
  - Insulin administration
  - Home blood glucose testing
  - Gestational diabetes

- Continuing Your Journey
These classes are offered as part of your plan for ongoing self-management support following your completion of the Diabetes Self-Management Education Program. Work with instructors to develop a follow-up plan for self-management success through opportunities to observe lectures, learn healthy shopping, speak to experts and vendors, and others in the diabetes community. Each class offers a different opportunity to expand your diabetes knowledge and care routine.

For additional details or to make an appointment, call HealthConnection at (716) 447-6205.
1. Please complete the form below and circle the class offering that you would like to attend.

2. **Send your form by: Mail:** Catholic Health’s HealthConnection • 144 Genesee Street, 5th Floor • Buffalo, NY 14203
   Fax: (716) 706-2545
   Email: HealthConnection@chsbuffalo.org

3. If you need payment assistance, please call (716) 601-3600 for information.

4. Confirmation of class registration will be mailed to you at the address you provide.

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ALL REGISTRANTS: *Please fill out this section.*

<table>
<thead>
<tr>
<th>Name:</th>
<th>Date of Birth:</th>
<th>Last 4 digits of SS#:</th>
</tr>
</thead>
<tbody>
<tr>
<td>First</td>
<td>Last</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Address:</th>
<th>City:</th>
<th>State:</th>
<th>ZIP:</th>
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</table>

<table>
<thead>
<tr>
<th>Phone:</th>
<th>Email:</th>
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Marital Status: ___________________ Race: ___________________ Gender: ☐ Male ☐ Female

Employer: ___________________ Emergency Name and Phone: ___________________

Will someone be accompanying you? ☐ Yes ☐ No

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PHYSICIAN INFORMATION: *All registrants please fill out this section.*

<table>
<thead>
<tr>
<th>Primary Physician:</th>
<th>Phone:</th>
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<table>
<thead>
<tr>
<th>Office Location:</th>
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<table>
<thead>
<tr>
<th>Endocrinologist:</th>
<th>Phone:</th>
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<table>
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<tr>
<th>Office Location:</th>
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INSURANCE INFORMATION: *All registrants please fill out this section.*

☐ No Insurance/Self Pay

Primary Insurance: ___________________ Policy Number: ___________________

<table>
<thead>
<tr>
<th>Subscriber:</th>
<th>Group:</th>
<th>Plan:</th>
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<table>
<thead>
<tr>
<th>Subscriber’s Employer:</th>
<th>Subscriber’s Date of Birth:</th>
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Secondary Insurance: ___________________ Policy Number: ___________________

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<tr>
<th>Subscriber’s relationship to patient:</th>
<th>Medicare Number:</th>
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<table>
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<tr>
<th>Medicaid Number:</th>
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CHOOSE YOUR CLASSES:

Circle the class offering that you would like to attend. Each class is a three part series and you must attend all three dates.

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2019 Diabetes Education Classes:

<table>
<thead>
<tr>
<th>January 14, 15, 17</th>
<th>MSM 1:00 pm - 4:00 pm</th>
<th>July 23, 25, 30</th>
<th>SJC 8:30 am - 11:30 am</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 25, 26, 28</td>
<td>SJC 6:00 pm - 9:00 pm</td>
<td>August 27, 28, 29</td>
<td>MSM 6:00 pm - 9:00 pm</td>
</tr>
<tr>
<td>March 4, 5, 8</td>
<td>KMH 9:00 am - 12:00 pm</td>
<td>September 16, 18, 19</td>
<td>KMH 1:00 pm - 4:00 pm</td>
</tr>
<tr>
<td>April 8, 11, 15</td>
<td>SJC 1:00 pm - 4:00 pm</td>
<td>October 21, 23, 24</td>
<td>MSM 9:00 am - 12:00pm</td>
</tr>
<tr>
<td>May 14, 16, 17</td>
<td>MSM 9:00 am - 12:00 pm</td>
<td>November 21, 25, 26</td>
<td>SJC 6:00 pm - 9:00 pm</td>
</tr>
<tr>
<td>June 18, 19, 20</td>
<td>KMH 6:00 pm - 9:00 pm</td>
<td>December 9, 10, 11</td>
<td>KMH 1:00 pm- 4:00 pm</td>
</tr>
</tbody>
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KMH
Kenmore Mercy Hospital
2950 Elmwood Ave
Kenmore, NY 14217
716.447.6100

MSM
Mount St. Mary’s Hospital
5300 Military Rd
Lewiston, NY 14092
716.297.4800

SJC
St. Joseph Campus
2605 Harlem Rd
Cheektowaga, NY 14225
716.891.2400
Classes Sizes Are Limited.
Register Early!

For questions, additional registration forms, or more information on any of our diabetes education classes, visit us online at chsbuffalo.org or call Catholic Health’s HealthConnection at (716) 447-6205.

If You Are Unable to Attend a Class:
Please call Catholic Health’s HealthConnection at (716) 447-6205 to cancel.

Winter Warning:
In cases of severe winter weather and road closures, please listen to local radio stations for announcements of class cancellations.

DEAP
Diabetes Education Accreditation Program
AADE, American Association of Diabetes Educators

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

Our Mission
We are called to reveal the healing love of Jesus to those in need.

Our 2020 Vision
Inspired by faith and committed to excellence, we will lead the transformation of healthcare in our communities.