



The Diabetes Self-Management Education (DSME) Program is for adults who are ready to learn more about diabetes and the tools available for better care. Our program provides comprehensive and ongoing education with health professionals for successful management of diabetes.

Diabetes is not one-size-fits-all. Through this program, each participant receives an individualized plan to accommodate their unique needs, food preferences, medications, work schedule, and family life. Participants may bring a support person with them at no additional cost.

At Sparrow Eaton Hospital, we strive to improve the quality of life for patients with diabetes. We encourage all diabetes patients to participate in ongoing education.



## Why is it important?

Diabetes education works! It is considered a critical part of diabetes care and helps prevent or reduce complications and control health care costs.

By learning how to manage diabetes, participants can

- » Lower blood sugar
- » Lower A1c
- » Lower blood pressure
- » Lower cholesterol
- » Reduce risk for heart disease and stroke
- » Increase energy levels
- » Decrease risk of cardiovascular, eye, foot, and kidney complications
- » Improve quality of life

## Who provides this education?

A quality diabetes education program matters. At Sparrow Eaton Hospital, our education team includes registered dietitians, registered nurses, pharmacists, and certified diabetes educators.

## What can I expect?

In addition to a one-hour individual appointment with a registered dietitian, Sparrow Eaton Hospital offers group classes at ALIVE, a health park conveniently located in Mid-Michigan (Charlotte).

Group topics include:

- » Understanding how diabetes affects the body
- » Food choices, portions, and carbohydrate counting
- » Knowing your medications and how they work
- » Benefits of regular physical activity
- » Complications of diabetes
- » Foot care and sick day care
- » Short-term problems (such as low blood sugar) and long-term problems (such as kidney disease)
- » Goal-setting and lifestyle changes

Our diabetes educators work with each participant to develop a lifestyle and education plan that fits their specific care requirements.

## Will my insurance cover the cost?

Medicare and most other insurance plans generally cover the cost of this teaching program. We encourage you to check with your carrier or benefits department to verify coverage before enrolling in the program.

Sparrow Eaton meets specific national standards for diabetes education that Medicare and Medicaid require.

