

The ***Take Control!*** Diabetes

Self-Management Education is covered by Medicare, Medicaid, and most insurance plans. Please contact your insurance provider to verify your coverage.

To participate, you must have a referral from your doctor.

For more information, contact Lisa Raney, Registered Dietitian and Certified Diabetes Educator at Northern Montana Health Care. (406) 262-1424.

Your appointment with the Diabetes Educator is scheduled for:

Date: _____ Time: _____

Please check-in at the out-patient admitting desk which is located on the 2nd floor of Northern Montana Hospital.



**Diabetes Education
Self Management**

Located on the 4th Floor in Rm. 424

(406) 262-1424

**Regular Office Hours are:
Mon-Fri. 8:00 a.m. to 5:00 p.m.
(closed weekends/holidays)**



30 13th Street
P.O. Box 1231
Havre, MT 59501
www.nmhcare.org
(406) 265-2211




**Diabetes Education
Self-Management**



Call 262-1424

Diabetes Education for your Life!



American Diabetes Association®
Cure • Care • Commitment®

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



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Northern Montana Health Care Diabetes Self- Management

Education Program is an out-patient program designed to meet the highest national standards for Diabetes Education. Recognized by the

American Diabetes

Association for Quality Self-management Education, the program offers services to people with:

Type 1, Type 2, and gestational diabetes.

Individual sessions are available by appointment. Group sessions are offered regularly and family members are encouraged to attend. Our educational program will help you:

- Learn how to monitor blood sugar levels
- Improve nutrition and exercise habits
- Understand more about diabetes medications
- Develop problem-solving skills to help manage high and low blood sugars
- Learn ways to reduce risk of diabetes related complications
- Understand the role of stress on blood glucose levels
- Understand how illness and infection can affect blood glucose
- Improve your confidence in your ability to manage your diabetes

For a schedule of Classes, events, and other educational offerings, please contact:

Lisa Raney, RD CDE



(406) 262-1424 or visit the Northern Montana Hospital website at: www.nmhcare.org.

QUALITY
in Community
Healthcare™