

## Medicare Coverage

Medicare covers two services for people with diabetes:

- Diabetes self-management training
- Medical nutrition therapy services

For information about what Medicare covers and to receive a free copy of Medicare Coverage of Diabetes Supplies and Services, contact:

### Centers for Medicare & Medicaid Services

1.800.633.4227  
(TTY users) 1.877.486.2048  
[www.medicare.gov](http://www.medicare.gov)

## Additional Resources

### American Association of Diabetes Educators

1.800.TEAM.UP4 (1.800.832.6874)  
[www.aadenet.org](http://www.aadenet.org)

### American Diabetes Association

1.800.342.2383  
[www.diabetes.org](http://www.diabetes.org)

### American Dietetic Association

1.800.877.1600  
[www.eatright.org](http://www.eatright.org)

**For more information or to schedule an appointment, please call 330.721.5144.**



1000 East Washington Street  
Medina, OH 44256

[medinahospital.org](http://medinahospital.org)

# Diabetes

Health & Wellness Education Program

When you have diabetes, you have the ability to make a difference in your health. The goal of the Medina Hospital Diabetes Health & Wellness Education Program is to provide the knowledge, skills, and tools to support healthy self-care.



# Diabetes

## Taking Control Through Education

Diabetes is a personal disease. By getting to know you as an individual, the diabetes health professional team can work to create a self-management plan that meets your needs based on age, work schedule, daily activities, family demands, eating habits and other health concerns.



Diabetes educators focus on seven key behaviors that promote successful self-management:

- Making healthy food choices
- Being active for overall fitness, weight management and blood sugar control
- Taking medication
- Monitoring your blood sugar
- Problem solving /managing changes in blood sugar levels
- Reducing risks for related health problems
- Healthy coping with a chronic disease

## A Recognized Program for Diabetes Self-Management

The Medina Hospital Diabetes Health & Wellness Education Program is recognized by the American Diabetes Association for Quality Self-Management Education.\*

Medina Hospital offers comprehensive individual, group (class), and follow-up diabetes education. A certified nurse diabetes educator and registered/licensed dietitians provide you with essential information and skills and helps you set goals for diabetes self-management.

Ask your physician for a referral or call us yourself. Medina Hospital will bill your insurance for you, including Medicare and Medicaid.

**Be active  
for overall  
fitness, weight  
management  
and blood  
sugar control**



## The Power to Control Diabetes Is in Your Hands

Diabetes is a serious disease that affects nearly every part of the body. Work with your team of healthcare professionals to begin taking control of your diabetes. You will feel better and lower your chances for serious health problems.



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