

Personalized
Programs to
Help You
manage
Your Diabetes

The Villages Health



Comprehensive Diabetes Education Program

Have you recently been diagnosed with diabetes? This may be an overwhelming time for you. You may be asking yourself:

- › What should I eat?
- › How do I monitor and check my blood sugar?
- › What steps should I take if my blood sugar is high?

If you are looking for resources to help you manage your diabetes, The Villages Health offers a Diabetes Education Program that is accredited by the American Diabetes Association and designed to help answer your questions and put your mind at ease.

It is a comprehensive program for individuals with type 1, type 2 and gestational diabetes. A certified diabetes educator will work with you and your primary care physician to develop a personalized plan, including a one-hour individual needs assessment and 4 two-hour group classes.

Group Classes

Class 1: What You Need to Know About Diabetes

Class 2: Nutrition and Psycho-Social Impacts

Class 3: Exercise and Medication

Class 4: Complications and Healthy Behaviors

After your first year in the program you are eligible to participate in two additional hours of Diabetes Education each year thereafter. Classes are held at all seven of The Villages Health primary care center locations.

Diabetes Education Costs

- › UnitedHealthcare® Medicare Advantage pays for 100% of Diabetes Education.
- › Medicare covers 80% of program costs and patient/supplemental insurance is responsible for remaining 20%.
- › Commercial insurance coverage is based on plan benefits and network coverage.
- › A self-pay option is also available.



For more information or to sign-up for one of these programs, please call **352-674-1770**.

Personalized Nutrition Therapy and Counseling

Did you know the food choices you make every day impact your diabetes? That's right. We offer two nutrition programs to help you achieve your nutrition goals.

Medical Nutrition Therapy

Medical Nutrition Therapy allows you to meet with one of our Registered Dietitians one-on-one to review your lab results and customize a meal plan that maximizes your favorite items while better controlling your condition. You will receive 3 one-hour, one-on-one sessions with a Registered Dietitian during your first year of the program. You will then receive an additional two hours of one-on-one sessions each year thereafter.

Medical Nutrition Therapy Costs

- › UnitedHealthcare Medicare Advantage and Medicare pays for 100% of Medical Nutrition Therapy if you have diabetes, chronic kidney disease or post-renal transplant.
- › Commercial insurance coverage varies and is usually tied to diagnosis criteria.

Nutrition Counseling

Nutrition Counseling is available to everyone, regardless of age, insurance or condition. Meet one-on-one with a Registered Dietitian for 60 minutes to go over your health history and come up with a customized meal plan that works best for you.

Nutrition Counseling Costs

- › Nutrition counseling is a self-pay option.



The Villages Health

Recognition

Diabetes Education Program

The Villages Health Diabetes Education Program has been recognized by the American Diabetes Association for Quality Self-Management Education* and Support. This is the only accredited diabetes program in this region.

Diabetes Prevention Program

We are proud to have received full recognition status by the Centers for Disease Control and Prevention. Our program demonstrates outcome metrics at or above the CDC's strict standards to earn this honor.



*The American Diabetes Association recognizes this education service as meeting the national standards for diabetes self-management, education and support.

Questions?

Contact The Villages Health Diabetes Education and Medical Nutrition Therapy Department at 352-674-1770.

For more information about the health education classes available to everyone in our community, visit TheVillagesHealth.com/Learning-Center.

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