



## Essential Information

### Am I taking control of my diabetes?

- I eat more vegetables.
- I do 30 minutes of exercise each day.
- I have medical check-ups.
- I take my medications.
- I have my lab tests done:
  - A1c
  - Blood pressure
  - Blood glucose (sugar)
  - Cholesterol and triglycerides
  - Microalbumin (urine protein)

### Need more information?

Call 719-587-1309



## Diabetes Education

Learning to manage your diabetes

### SLV Regional Medical Center Resource Center Diabetes Education Empowerment Program

719-587-1309  
Fax: 719-587-5770

Office Hours  
Mon. through Fri. 8:00 – 5:00



*Making exceptional healthcare personal*



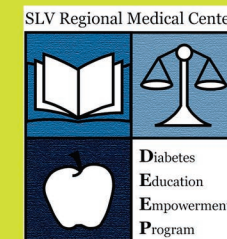
REGIONAL  
MEDICAL  
CENTER

SLV Regional Medical Center  
106 Blanca Avenue  
Alamosa, CO 81101  
719-589-2511  
[www.slvrmc.org](http://www.slvrmc.org)



### Our Vision

*Making exceptional  
diabetes education  
personal!*



*Learning to live with this chronic disease is not easy. Even with improved food choices, exercise and regular medication, keeping your blood sugar under control can still be difficult and challenging.*

### The Programs

- DEEP (Diabetes Education Empowerment Program). Diabetes education classes in small groups and for individuals with special needs.
- **Diabetes Care Program.** Diabetes specialty care for persons with Type 2 diabetes who qualify for the program.

*For either program, you may bring a support person. A referral from your doctor or health care provider is needed.*



### The Diabetes Team

- Our multi-disciplinary team includes:
  - Diabetes Specialist Physician
  - Pharmacy
  - Diabetes Nurse Educator (bilingual)
  - Diabetes Case Manager and Navigator (bilingual)
  - Registered Dietitian
  - Family Nurse Practitioner

### Cost of the Diabetes Classes

- We have several payment choices. Our diabetes case manager can assist you with financial support options such as the SLV Regional Medical Center tuition scholarship.

### Our Mission

*The mission of the SLV Regional Medical Center Diabetes Education Empowerment Program is to provide quality comprehensive diabetes self-management education.*

*We believe that education is the key to empowering the person with diabetes to better manage his or her disease.*

*Achievement of optimal health status and avoidance of complications are the desired outcomes of diabetes education.*



### DEEP Classes

- American Diabetes Association approved.
- Comprehensive class series has a total of 10 hours.
- FREE follow-up classes for a year after the 10 hours are completed.
- Evening classes in Alamosa and LaJara once every three months.
- Classes are offered for persons with a new diabetes diagnosis, change in medical treatment or who need a refresher class.
- Classes for Gestational Diabetes, insulin pumps and Medical Nutrition Therapy.

### Diabetes Care Program

If you qualify for our grant:

- Three FREE physician visits and Diabetes Team visits.
- FREE diabetes classes.
- FREE lab work.

### Other Services

- “Coping With Diabetes” offered by a licensed counselor.
- **Pre-Diabetes Classes**
  - FREE as a community service.
  - Referral is needed before class.
  - Optional nutrition class by a registered dietitian.