Learning as much as you can about diabetes is so important for your health

Our Diabetes BASICS classes are designed for people who have type 2 diabetes, whether recently diagnosed, in need of a review or have never had education on medications or insulin.

If you were recently diagnosed with diabetes or just want to learn much more about living with diabetes, this program may be for you.

We offer classes where people with diabetes can share ideas, concerns and feelings about living with this chronic disease. Our classes cover topics such as Taking Control, Living With Diabetes, and Coping With Diabetes.

Kovler’s Diabetes Education Program, which is recognized by the American Diabetes Association, includes resources to guide you through any other decisions and challenges you may face because of diabetes. And our Certified Diabetes Educators provide one-to-one nutritional counseling, insulin instruction, meter instruction, and individual sessions tailored to meet your specific needs.

What You Will Learn:
Each lesson builds on the lesson before it. Step-by-step, you’ll learn more about your diabetes and healthy habits.

Topics include:
• Diabetes diagnosis: What does it mean to your life and your health?
• Treatment: What is the goal of treatment? Learn the tools you need to manage your diabetes.
• How to use blood glucose monitors.
• Low blood sugar: How to recognize the symptoms and what to do.
• High blood sugar: How to manage blood sugar, especially when you’re stressed or ill.
• Using insulin to control blood glucose.
• Healthy eating for good health, including how to read food labels and what the information means.
• Exercise and activity: Why being active is even more important for people who have diabetes. You’ll get tips for fitting physical activity into your daily routines.
• Having diabetes raises your risk for serious medical problems, such as heart disease, kidney disease, vision problems and foot problems. You’ll learn about things you can do to lower your risk for serious problems.
Importance of Diabetes Education

How to Register:

- Pre-registration is required, so we can bill your insurance for the classes. To register, you will need an “order” from your University of Chicago doctor, nurse or other type of healthcare provider.

- Classes are billed directly to your insurance. This program is covered by most insurance plans, including Medicare. (If you have questions about whether your insurance will cover this class, please call your insurance provider. The phone number is usually found on your insurance card.)

- After you are registered, someone from the University of Chicago Kovler Diabetes Center will call you with the class schedule and other important details.

- Classes are held at the University of Chicago Center for Advanced Medicine, located at: 5758 S. Maryland Avenue in Chicago.

For more information, please call Donna Prost at 773.702.2371 or e-mail us at diabetes@uchospitals.edu.

Diabetes BASICS

Class Schedule

Diabetes BASICS class is designed to meet three times over the course of two months. Each session builds on previous material covered.

BASICS Overview:

Session 1:
Diabetes overview, blood glucose monitoring, diet guidelines, exercise

Session 2:
Carb counting, pattern management, medications

Session 3:
Complications, foot care, heart healthy eating, stress