

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 on oral medications** or are only on **one shot of insulin per day** to treat their diabetes. *If you were recently diagnosed with diabetes or just want to learn much more about living with diabetes, this program may be for you.*

Talk with your University of Chicago healthcare provider about your diabetes and your interest in staying healthy. Ask your health care provider for an "order" to register for this class. (It's helpful if you bring the brochure, so your provider can know more about the **Diabetes BASICS** program.)



ADA Approved

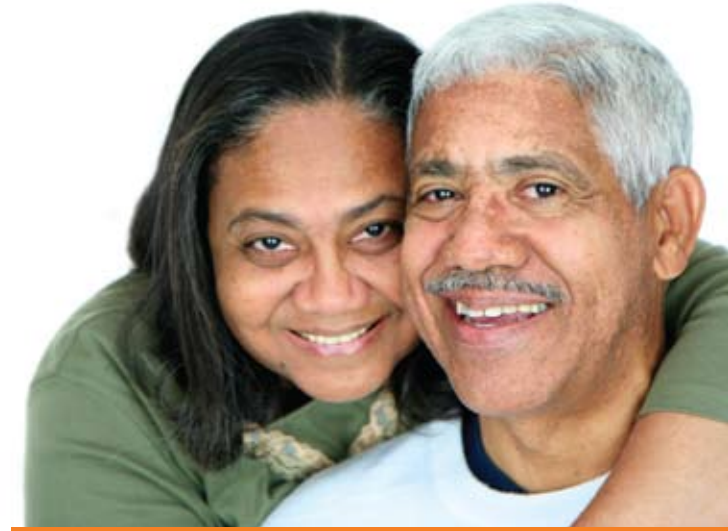
The University of Chicago Kovler Diabetes Center's diabetes education program has earned recognition from the American Diabetes Association. The **Diabetes BASICS** classes were created in partnership with the International Diabetes Center of Minnesota.



University of Chicago Kovler Diabetes Center
773.702.2377
www.kovlerdiabetescenter.org

Learn More About Managing Your Diabetes

Diabetes BASICS Can Put You in Control



What Is Diabetes BASICS?

Diabetes BASICS is a three-part series of classes for adults who have **type 2 diabetes**. **Diabetes BASICS** takes a step-by-step approach to help people learn more about diabetes and learn practical ways they can control it.

The program includes three sessions that are taught over a two-month period. Because the learning builds step-by-step, you should come to **all three classes**. We spread out the classes so you won't feel overwhelmed by getting too much information at one time. Between classes, you'll have time to take what you've learned and fit it into your lifestyle. You will have two, then four weeks to practice before you learn the next step. By learning new things gradually, you'll be able to make healthy changes by which you can live.

Our goal is to help everyone with diabetes be successful at controlling their disease.



The **Diabetes BASICS** classes are taught by certified diabetes educators from the University of Chicago Medical Center. Between classes, you can call or e-mail the diabetes educators if you have questions about what you've learned, or if you want to talk about any problems you're encountering as you make the transition to healthier habits.

Who Should Take This Course?

Diabetes BASICS is open to any patient who is in the care of a University of Chicago doctor, nurse or other healthcare provider – at any University of Chicago clinic or location.

You don't have to be a patient of the University of Chicago Kovler Diabetes Center to participate in **Diabetes BASICS**, but you do have to be an outpatient somewhere within the University of Chicago system.

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 **773.702.2377** or e-mail us at diabetes@uchospitals.edu.



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, ill or physically active.
- **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.