

LIFECARE ALLIANCE CORPORATE DIABETES WELLNESS PROGRAM



An intensive 5 month program to help individuals with diabetes, pre-diabetes, or at risk for diabetes take control of their health. Often, reduced medical and pharmaceutical costs are associated with positive health outcomes.

2020 Diabetes Self-Management Education & Nutrition Program

WE GO TO YOUR EMPLOYEES' HOME OR OFFICE

Initial Assessment

- Review of past medical history
- Biometrics
- Participant's Health-related Goals

Choose Class Option

- 4-hour Saturday morning class
OR
- Class series (two 2-hour evening classes)

Individual Consult with RD

- Discuss & Set Goals
- Nutrition Education

Monthly Check-In

- Choice of location convenient for Participant

Data Tracking

- Biometrics (blood glucose, A1C, cholesterol, weight, blood pressure)

Final Assessment

- Changes and Progress Achieved
- Review of participant's meal plan and strategies going forward
- Participant Survey

PROGRAM MISSION

Identify 20 participants with diabetes, pre-diabetes, or those at risk for developing diabetes and assist them in developing the skills necessary for diabetes prevention/management.

This program also encourages consistent follow-up to help ensure the participants achieve their long-term goals.



FOR INFORMATION AND REGISTRATION PLEASE CALL:
614-437-2878

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Diabetes Group Classes

Diabetes Self-Management Education & Support provides comprehensive diabetes education and is key to managing diabetes well. Whether you are new to diabetes, have had the condition for years, or want to decrease your risk of developing it, this program will provide you with the necessary education and guidance to manage your health.

Individual Consultation

We provide monthly guidance and strategies that will help participants reach their diabetes and health goals. The consultations provide help with the large and small challenges involved in goal-achievement.

Whether meal and snack planning, weight management, or strategies to reach your blood sugar goals, our registered dietitians will provide the education and guidance you need!

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