2020 Comprehensive Diabetes Class Schedule

Tacoma Day & Evening Class
Allenmore Hospital campus, Building “B”;
Tuesdays, 12:30-3pm and 5:30-8pm
Jan 7, 14, 21, Feb 25
Feb 4, 11, 18, Mar 24
Mar 3, 10, 17, Apr 28
Apr 7, 14, 21, May 26
May 5, 12, 19, Jun 23
Jun 2, 9, 16, Jul 28
July (day only) 7, 14, 21, Aug 25
Aug (evening only) 4, 11, 18, Sept 22
Sept 1, 8, 15, Oct 27
Oct 6, 13, 20, Nov 24
Nov 3, 10, 17, Dec 15

Covington Evening Class
MultiCare Covington Clinic: Mondays, 5:30pm-8pm
Jan 6, 13, 20, Feb 24
Mar 2, 9, 16, Apr 27
May 4, 11, 18, Jun 22
July 6, 13, 20, Aug 24
Sept 14, 21, 28, Oct 26
Nov 2, 9, 16, Dec 14

Puyallup Day & Evening Class
Health Resource Center:
Wednesdays 9-11:30am OR 1:30-4pm and 5:30-8pm
Jan 8, 15, 22, Feb 26
Mar 4, 11, 18, Apr 22
May 6, 13, 20, Jun 24
July 8, 15, 22, Aug 26
Sep 2, 9, 16, Oct 28
Nov 4, 11, 18, Dec 16

Auburn Day Classes
Auburn Medical Center:
SATURDAYS: Class one: 9am-noon
Class two: 12:30-3pm
*Jan 11  *Apr 11  *Jul 11  *Oct 10
*Feb 8   *May 9   *Aug 8   *Nov 14
Follow up Class: 3:30-4:30pm
Available quarterly only. Next available date after class two completed
*Apr 11  *July 11  *Oct 10  *Dec 12

Take Control of Your Diabetes

If you are an adult who has been diagnosed with Type 1, Type 2 or pregnancy-related diabetes, MultiCare’s Center for Diabetes and Nutrition services is here to help. Our team of Diabetes Care and Education Specialists can answer your questions and assist you with learning the self-care skills needed to better manage your diabetes and live a healthier life.

We are committed to helping you reach your personal health goals by providing convenient individual appointments and group classes offered at a variety of times and locations. You will be assisted by a team of Diabetes Education Specialists to include Registered Nurses, Registered Dietitians and Registered Pharmacists.

DOES INSURANCE COVER THESE PROGRAMS?
Many private insurance plans cover diabetes education and our programs are Medicare and Medicaid approved, however we encourage you to contact your insurance company directly regarding your personal coverage of our programs. Our programs are recognized by the American Association of Diabetes Educators (AADE).

Diabetes Services is a provider/hospital based department and program costs will vary based on the services provided.

WHO DO I CALL FOR MORE INFORMATION?
To receive more information about our diabetes services, schedule an appointment, or register for a group class call:
Tacoma / Gig Harbor: 253-403-1726
Covington / Auburn: 253-372-6996
Puyallup: 253-697-1356
Visit our website at: www.multicare.org/diabetes-education for additional information and resources

“I enjoyed my classes & meeting others with similar issues.”
– Elizabeth B., patient

NATIONALLY ACCREDITED AND RECOGNIZED PROGRAM
At MultiCare, you can be assured of a diabetes program that meets national standards of excellence. Our programs have been awarded national recognition by the American Association of Diabetes Educators (AADE). Medical direction of our program is provided by a local physician who specializes in diabetes treatment and care.

“...”

multicare.org/diabetes-education

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2020 Center for Diabetes and Nutrition Services
Take control of your diabetes.
Diabetes in Pregnancy

For the pregnant woman with preexisting diabetes or gestational diabetes, we offer the following:

• A diabetes care coordinator who will assist you with scheduling individual diabetes and nutrition appointments.
• A Personalized Diabetes guidebook (digital and printed), with resources, tips and tools created for this special time of pregnancy.
• A free glucose meter to monitor your blood sugars from home. For patients with a MultiCare OB provider, through MyChart, we also offer the ability to upload your glucose meter from home. Uploads transfer to your electronic health record for your care team to monitor on an ongoing basis.

Advanced Diabetes Self-Management

Insulin Pumps:
If you are dependent on insulin therapy, insulin pumps may be the best way to control your blood sugar. Our staff can discuss with you how the pump works and how it may be of benefit to you.

Continuous Glucose Monitoring System (CGMS):
A CGMS is a device that records your blood sugar level 24 hours a day. The "Libre" is a type of CGMS which has been advertised on television recently.

Professional Model: A professional CGMS study is used for diagnostic purposes for those who have difficulty identifying reasons for high and/or low blood sugars, recognizing the effects of dietary choices or if your home glucose readings are within range, but your A1C is not.

Personal Model: A personal CGMS is your own model that you can wear at home 24 hours a day, 7 days a week. If your provider has prescribed one, you can make an appointment to be trained how to use it.

Diabetes Medication Management

Insulin adjustment: A Diabetes Care and Education Specialist will work with you to adjust insulin doses to meet blood glucose goals.

Diabetes medication management: A pharmacist will work with you to design a medication regimen to improve glycemic control and meet A1C goals.

Individual Medical Nutrition Therapy Sessions

Individualized appointments are available with our dietitians to assist adult patients in making dietary changes that support the following diagnoses:

• Diabetes Type 1 / Type 2
• Gestational Diabetes
• Pre-diabetes / impaired fasting glucose

In addition to the above, our Puyallup locations can see:

• Hypoglycemia
• Failure to thrive
• Abnormal Weight Loss/Gain
• Pregnancy (twins, weight management, type 1 DM)

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Personal Model: A personal CGMS is your own model that you can wear at home 24 hours a day, 7 days a week. If your provider has prescribed one, you can make an appointment to be trained how to use it.

Comprehensive Diabetes Education Class Series

Your education starts with a Diabetes Care and Education Specialists providing a Pre-Class assessment, followed by group class series and one month follow up class.

Classes are interactive and designed to provide skills and confidence to control diabetes and live a healthy life. Participants receive a personalized meal plan, Carbohydrate counting booklet, physical activity booklet and complimentary A1C.

• Designed for adults with Type 2 diabetes
• Offered in several locations- see back panel for full Schedule

Topics include:

• Healthy Eating
• Physical Activity
• Monitoring
• Medications
• Problem Solving
• Healthy Coping
• Reducing Risks

Meal Planning Class

A 1.5-hour interactive group class taught by a registered dietitian. Diabetes educators are available to help you improve your carbohydrate counting and meal planning skills according to your individual needs.

Class is available monthly at Allenmore and Good Samaritan hospital locations. Please call for specific times/dates.

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*For a diagnosis of Obesity, all MultiCare insurance plans cover 12 visits per year with a registered dietitian. This benefit is NOT subject to plan deductibles and covered at 100% with a physician's referral.

YMCA Diabetes Prevention Program (DPP)

The YMCA's DPP is for those >18 years old with pre-diabetes. Program has proven to reduce risk of developing type 2 diabetes by > 58% by achieving a 7% body weight loss and increasing activity to 150 minutes/week. To learn more visit: www.ymcapkc.org/diabetesprevention or call: 253-460-8931.