

Contact Information

Community Health Services

2 Peartree Way

Beaver, PA 15009

(866) 328-8389, option #4 (toll free)

Diabetes Education Services are available for the Heritage Valley Beaver, Heritage Valley Sewickley and Heritage Valley Kennedy hospital communities. For more information, please visit our website at: www.heritagevalley.org.

Funding for Heritage Valley Health System's Diabetes Comprehensive Care Program is provided by the Heritage Valley Health System Foundation.

The Diabetes Self-Management Education Program at Heritage Valley Health System is accredited by the Association of Diabetes Care and Education Specialists.



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Community Health Services

Diabetes Self-Management Education Program



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HERITAGE VALLEY
HEALTH SYSTEM

Diabetes Self Management Education – Knowledge is Power!

Diabetes is a serious disease. If left uncontrolled, it can affect almost every part of your body. One of the first steps you can take is to learn about diabetes and ways to control it. Together, you and your health care team can make a diabetes care plan to meet your needs. Taking action to manage your diabetes can help you to feel good today, stay healthy and prevent or delay complications in the future.

Overview of Diabetes Education at Heritage Valley

There are a variety of services to help you manage your diabetes successfully. Together with your physician, a program will be tailored to meet your needs. A family member or friend is always welcome to attend any of the programs with you. The program may include one or more of the following services:

Meet with a Certified Diabetes Care and Education Specialist

This is a one-to-one meeting to determine your learning needs. You are then provided with information to begin taking steps to better manage your diabetes and keep your blood sugar under control. You will also be given an opportunity to discuss your concerns and questions.

Attend Healthy Living with Diabetes Class

This three, 2.5 hour class program is taught by Certified Diabetes Care and Education Specialists. This program is designed to give you in-depth knowledge to manage your Diabetes and improve your quality of life. Topics include healthy eating, medications, monitoring, being active, healthy coping, reducing risks and problem solving.

Meet with a Registered Dietitian

This is a one-to-one meeting to help you learn about healthy eating, meal planning, and carbohydrate counting. You and the dietitian will work together to set realistic goals to improve your blood sugar levels.

Diabetes Education Makes A Difference

Patients have expressed their appreciation for the program with these comments:

- I feel like I am in control of diabetes instead of it being in control of me.
- I had pre-conceived notions that were not true. My husband and I learned a great deal.
- The program gave me a whole new outlook on caring for my health.
- I was overwhelmed when first told ... now I know I can do this.
- Listening to what others are going through made me feel better.
- Eased my fears about diabetes.
- The education and knowledge I've received is invaluable.

Getting Started

The Diabetes Self-Management Education Program staff work with your physician to help you lead a healthier lifestyle that reduces your risk of getting complications related to uncontrolled diabetes. Talk to your physician. Ask him/her to send a referral to the Diabetes Education Program or call us at 1-866-328-8389, option #4 to facilitate your request.

There is a fee for these services. In most cases, health insurers in Pennsylvania are required to cover diabetes education for patients if prescribed by their physician. Your insurance company is billed after the services are provided.

