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Mountain-Pacific
Quality Health

Getting into the Game to Control and Manage Diabetes

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Diabetes isn't a spectators' sport. You need to get off the sidelines and play, if you want to win the game.

Your doctor may be one of your coaches, but *you* manage the team and need to take an active role in learning what you need to do to get a head of the game. This means understanding your diabetes and accepting the lifestyle changes you may need to make so you can control diabetes, instead of it controlling you.

The good news? There's help available.

The Diabetes Empowerment Education Program (DEEP), is a series of classes geared toward helping people with diabetes or those at risk for it gain the knowledge and skills they need to live successfully with diabetes.

The classes offer fun, informative and interactive ways to understand the benefits of making healthy lifestyle changes and healthy choices. They are designed for Medicare beneficiaries with diabetes or borderline diabetes (pre-diabetes), but are open and free to all adults with concerns about diabetes.

The class program runs for six weekly sessions of about two hours each. The class materials and activities will



- Help you build a solid understanding of why you need to pay attention to your diabetes,
- Give you strategies for living sensibly and successfully, so you can manage your diabetes in a way that is valuable and responsive to your needs,
- Demonstrate, through hands-on activities and discussion, the core concepts and behaviors for diabetes self-management,
- Help you make your own behavior change plans, so you can begin changing old habits into healthier ones.

Class sessions will address the following diabetes empowerment and self-management topics:

- How your body works and how diabetes can put you at risk for illnesses and complications, if the problems created by diabetes are ignored
- How to use measurement tools (like your blood glucose (sugar) meter, your bathroom scale and blood pressure measurement machines) and tests you get from your doctors to improve your ability to better control and manage diabetes
- How choosing activities like moving or doing exercise, making well planned meal choices, controlling how you respond to stress and taking the medicines you and your doctor agree upon will help you control diabetes.
- How getting support from your family, community, care team and friends can go a long way in helping you control and manage your diabetes.
- How to detect and avoid the illnesses and injuries that can cause complications for people with diabetes.

DEEP classes begin on Friday, May 1, 2015, at the Helena Senior Center from 1:00 p.m. to 3:00 p.m. and on Wednesday, May 6, 2015, at Eagles Manor Retirement Community from 2:00 p.m. to 4:00 p.m.

We invite you to join us and encourage you to bring a friend. If you have any additional questions and to register

Please Contact

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About Mountain-Pacific Quality Health: Mountain-Pacific holds state and federal contracts that allow us to oversee the quality of care for Medicaid and Medicare members. We work within our communities to help improve the delivery of health care and the systems that provide it. Our goal is to increase access to high quality health care that is affordable, safe and of value to the patients we serve.

