

DIABETES EDUCATION SERVICES: WHAT YOU NEED TO KNOW

Understanding and managing diabetes can be a challenge. The Certified Diabetes Care and Education Specialist and Registered Dietitian at Witham Health Services can help with a wide variety of topics related to diabetes care.

At Witham, diabetes education is individualized to the patient's specific needs. We are passionate about providing the most up-to-date and knowledgeable tools and education with patient-centered approach.

Witham's Diabetes Education Program is Recognized by the American Diabetes Association for quality Diabetes Self-Management Education and Support.

Topics covered help patients successfully manage diabetes



GLUCOSE MONITORING

Glucometer and CGM training, blood glucose and A1C goals, blood glucose/CGM data download and interpretation



MEDICATIONS

About diabetes medications, different types of diabetes medications and how they work



NUTRITION

Macro nutrient and fiber effects on blood glucose, healthy eating methods, meal planning, weight loss



PHYSICAL ACTIVITY

Benefits of activity, effects on blood glucose, different ways to be active



ACUTE AND CHRONIC COMPLICATIONS

Signs and symptoms, how to treat and prevent, problem solving, long-term complications of diabetes, sick days, emergency preparedness



HEALTHY COPING AND MENTAL HEALTH

Effects of stress on blood glucose, healthy coping mechanisms, emotions/feelings with diabetes diagnosis, support network

Physician referrals are necessary for most insurance plans

Referrals are preferred for insurance coverage and a required for Medicare.

Information required on referrals includes:

- Diagnosis and Diagnosis Code
- Provider signature
- Reason for referral
- Recent labs
- Recent progress notes
- Special indications (e.g. needs 1 on 1, insulin teaching, CGM training, etc.)

Referrals may be made by referring to "Diabetes Education" in Meditech or via Fax to 765-485-8259.



**To schedule please call
765-485-8256**

Witham Diabetes Education
is available in Lebanon, and
Whitestown, and via Telehealth



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.



Witham.org