

Augusta™ HEALTH



Diabetes Nutrition Education Program

Appointments

Monday - Friday 8 to 4:30 p.m. • MD referral needed
Medicare, Medicaid and most insurance plans in Virginia will cover some or all of the cost for diabetes and nutrition education services. Augusta Health financial assistance and Augusta Free Clinic patients welcome.

Call our main number to make or re-schedule an appointment.

(540) 941-2537 or (540) 213-2537

What to bring to your appointment:

Insurance cards, your blood glucose monitor if you have one, your blood glucose logbook, and a list of your diabetes medications.

Diabetes Self Management Education* Program, Augusta Health, is an outpatient service that specializes in the care and education for individuals with type 1, type 2, and gestational diabetes. The program is recognized by the American Diabetes Association for Quality Self-Management Education*.

The Basic Program consists of an initial visit with a certified diabetes educator; one or more nutrition visits with a registered dietitian and the diabetes class series. Individual appointments are also available

Diabetes our part series consists of three classes:

Class #1

This is an introductory workshop that covers the topics recommended by the American Diabetes Association as the most important to learn in order to help manage diabetes. The topics covered are: types of diabetes, risk factors, steps to prevention of diabetes complications and progression, blood glucose monitoring, using exercise and stress management to benefit diabetes, and understanding diabetes medications and insulin.

Class #2

"Nutrition Class"

This class is all about what to eat, meal planning, and beginning to develop carbohydrate counting skills.

Class #3

"Diabetes and Exercise"

Class #4

"Pattern Management Class"

This class is a review of carbohydrate counting, diet records and blood glucose results in order to recognize patterns of blood glucose. Learn how to make decisions about meals, medication and blood glucose.

79 North Medical Park Drive – Fishersville, VA

From Rt. 608 at stoplight, right onto Goose Creek, right onto North Medical Park Drive. Circle around to entrance.

