

DIABETES EDUCATION PROGRAM



 **The Memorial Hospital**
OF SALEM COUNTY

Right Care. Right People. Right Here.

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Salem, NJ 08079
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www.mhshealth.com

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Help With Managing Diabetes

Regardless of when you were diagnosed with diabetes, management of the disease every day is important to avoid complications and maintain overall good health. Memorial Hospital of Salem County's ABC Diabetes Education Program can help you. The program includes classes that focus on your needs with real-life situations. In the program, you will meet other people with diabetes – people who share your concerns and can offer support.

As part of the program, participants receive a glucose monitoring system – one of the most important tools you need for diabetes self-management. And, specific diabetes self-management education addresses:

- the importance of monitoring blood sugar levels
- how to manage blood sugar highs and lows
- how to make healthy eating choices
- ways to avoid complications of diabetes
- how to live well with diabetes, including stress management

Focused on Long-Term Success

Whether you have had diabetes for a short time or a long time, every day is important since complications that affect your health may have already begun.

This comprehensive, supportive learning opportunity is recognized by the American Diabetes Association. It focuses on long-term success and the achievement of significant health benefits. As a participant, you are encouraged to bring a family member or friend who can better understand your diabetes management and provide additional support.

How To Get Started

Call our education specialists toll-free at 877-533-4222. The ABC Diabetes Education Program is covered by most health insurance carriers, including Medicare. And, it's offered at two locations – Salem Medical Group building in Woodstown and The Memorial Hospital of Salem County. Our specialists will work with you to find the date and time that works best for you.

