The Stanford Health Care Diabetes Care Program has been recognized by the American Diabetes Association for Quality Self-Management Education and Support. We are an interdisciplinary team of health care providers who will help you attain your health goals and optimize the control you have over your diabetes. We embrace the latest technology in managing your diabetes, offering you mobile apps, medication programs, continuous glucose monitors and insulin pumps, as well as online video education.

# 2020 Diabetes Education Online Classes

Pre-Diabetes: Take Control. Pre-diabetes is a condition in which blood glucose levels are higher than normal, but not yet high enough to be diagnosed as diabetes. Individuals with pre-diabetes are at risk of developing true diabetes. Taught by a dietitian, this course will help you develop personalized strategies for diabetes prevention.

Core Concepts of Diabetes Management. Explore strategies that promote well-being and decrease the risk of complications associated with diabetes. This program focuses on the tools and techniques needed for diabetes management. The course is delivered as a two-part series taught by a diabetes educator, a dietitian, and a pharmacist.

Carbohydrate Counting: The Basics. Learn how different foods affect your blood glucose levels. Discover how to eat the foods you enjoy while still maintaining your goals. This two-hour program is taught by a registered dietitian who specializes in diabetes education.

#### Please contact your provider to request a referral for the following:

Online Class*	Offered Monthly	Time
Pre-Diabetes: Take Control	4th Tuesday	1:00pm – 3:00pm
	4th Wednesday	2:00pm – 4:00pm
Diabetes Core Concepts	1st and 2nd Tuesdays	1:00pm – 3:00pm
	1st and 2nd Wednesdays	2:00pm – 4:00pm
Carbohydrate Counting: The Basics	3rd Tuesday	1:00pm – 3:00pm
	3rd Wednesday	2:00pm – 4:00pm

# Diabetes Care Program



#### **Diabetes Care Program**

Stanford Health Care Emeryville 5800 Hollis Street Emeryville, CA 94608 tel: 510.806.2100

Stanford Primary Care Santa Clara 2518 Mission College Blvd Santa Clara, CA 95054 tel: 408.688.9720

Stanford Primary Care Hoover Pavilion 211 Quarry Road Palo Alto, CA 94304 tel: 650.498.9000

#### Website

stanfordhealthcare.org/diabetes

Due to the impact of COVID-19, Stanford Health Care has taken extra measures to protect patients and staff.

\*We have converted all diabetes education sessions to online video visits.



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Below are additional services and programs offered to support wellness:

#### Spanish Diabetes Program

We offer classes in Spanish that address the core concepts of diabetes management to help you take charge of your health and learn how to reduce the risk of diabetes-related complications. Available online in webinar format, this twopart series addresses culturally specific foods, and is taught by certified diabetes educators who are Spanish-speaking.

# Diabetes & Technology Webinar series

Explore the latest in diabetes technology. Learn about new devices and applications that can help streamline your diabetes management. Discover advanced features, learn new tips, and gain skills from experts in the field to help you optimize your outcomes. This webinar is offered quarterly.

# Diabetes Wellness Group Monthly Webinar Series

This webinar is offered every month to address common aspects of living with diabetes. The meetings include an opportunity to share tips and discuss the challenges of diabetes management. Meetings also cover information about advancements in diabetes care.

#### **Individualized Education Sessions**

We offer individualized self-management training. Our team of dietitians, nurses, diabetes educators, and pharmacists specialize in glucose monitoring, meal planning, and medication education for insulin, insulin pumps, and CGMs. Individualized education sessions and trainings are provided via provider referral. Sessions are available at select Stanford Health Care Primary Care locations.

#### **Nutrition Class for Weight Management**

If you are overweight and have diabetes or are at risk for developing it, following an active lifestyle and reaching a healthy weight are two of the best things you can do for your wellbeing. Learn how to implement healthy habits to achieve and sustain a healthy weight. This 6-part class series is led by a registered dietitian (RD) and focuses on behavior to sustain and achieve your goals. Registration is required. Please ask your provider about this program.

#### Please contact your provider to request a referral for the following:

Online Class	Date	Time	Location
Spanish Diabetes Program	1st & 2nd Thursdays	3:00pm – 5:00pm	Online Registration
	Jan, April, July, October		
Diabetes and Technology Workshop Webinar	July 23rd	5:00pm – 6:30pm	Zoom Registration
	November 19th		
Diabetes Wellness Webinar	2nd Thursday of every month	5:00pm – 6:00pm	Zoom Registration



