



# Diabetes Class Calendar

## **\*\*BEFORE ATTENDING A CLASS\*\***

YOU MUST VERIFY WITH YOUR INSURANCE THAT BILLING CODE G0109 (GROUP DIABETES EDUCATION) IS A COVERED BENEFIT OF YOUR PLAN. IF THIS IS NOT A COVERED BENEFIT OR IF YOU DO NOT HAVE CURRENT COVERAGE, PLEASE CALL OUR BILLING OFFICE (EXTENSION 119) TO DISCUSS OPTIONS OR PRIVATE PAY RATES PRIOR TO ATTENDING CLASS.

PLEASE CALL 505-872-1002 TO REGISTER FOR CLASSES. BASIC DIABETES CLASS #1 AND #2 SHOULD BOTH BE COMPLETED PRIOR TO Carb Counting or Meal Planning.

### ***WHO SHOULD ATTEND? Check on back! (over)***

SEPTEMBER 2014	DATE	TIME
Basic Diabetes Class #1 & 2	September 9 & 16	2:00- 4:00 PM
Carb Counting Class	September 23	2:00- 4:00 PM
Meal Planning Class	September 30	2:00- 4:00 PM
Cover your Carbs	September 10	2:00 - 3:30 PM
Preparing for Pumping	September 18	3:00 - 4:30 PM
Optimizing Pump and CGM	September 24	5:30 - 7:00 PM

OCTOBER 2014	DATE	TIME
Basic Diabetes Class #1 & 2	October 7 & 14 October 1 & 8	2:00 - 4:00 PM 5:30 - 7:30 PM
Carb Counting Class	October 21 October 15	2:00 - 4:00 PM 5:30 - 7:30 PM
Meal Planning Class	October 28 October 22	2:00 - 4:00 PM 5:30 - 7:30 PM
Cover your Carbs	October 8	2:00 - 3:30 PM
Preparing for Pumping	October 16	3:00 - 4:30 PM
Optimizing Pump and CGM	October 29	5:30 - 7:00 PM

NOVEMBER 2014	DATE	TIME
Basic Diabetes Class #1 & 2	November 4 & 11 November 5 & 12	2:00 - 4:00 PM 5:30 - 7:30 PM
Carb Counting Class	November 18 November 19	2:00 - 4:00 PM 5:30 - 7:30 PM
Meal Planning Class	November 25 November 26	2:00 - 4:00 PM 5:30 - 7:30 PM
Cover your Carbs	November 5	2:00 - 3:30 PM
Preparing for Pumping	November 13	3:00 - 4:30 PM
Optimizing Pump and CGM	November 20	3:30 - 5:00 PM

DECEMBER 2014	DATE	TIME
Basic Diabetes Class #1 & 2	December 2 & 9	2:00 - 4:00 PM
Carb Counting Class	December 16	2:00- 4:00 PM
Meal Planning Class	December 30	2:00 - 4:00 PM
Cover your Carbs	December 3	2:00 - 3:30 PM
Preparing for Pumping	December 11	3:00 - 4:30 PM
Optimizing Pump and CGM	December 17	5:30 - 7:00 PM



# Diabetes Class Calendar

## DESCRIPTION OF THE CLASSES:

### **Basic Diabetes Classes 1 and 2:**

*Who should attend?*

- Those who are newly diagnosed with diabetes.
- Those who have never had formal diabetes education.
- Those who have not had education in the last 5-10 years.

### **Carbohydrate Counting**

*Who should attend?*

- Those who have some experience counting carbs, and who want to get better/more accurate at it.
- Those who want to learn how to more accurately estimate portion sizes and the amount of carbs in the foods they eat.

### **Meal Planning**

*Who should attend?*

- Those who want to learn more advanced meal planning skills.
- Those who want to practice using their knowledge to adapt a proper meal plan.
- Those who want to maximize controlling their blood sugars with diet.

### **Cover Your Carbs**

*Who should attend?*

- Those who take meal time insulin via injections or insulin pumps.
- Those who want to learn more about insulin-to-carb ratios and correction factors.
- Those who would like to better match the insulin they take with the food they eat for more predictable blood sugar control.

### **Preparing for Pumping**

*Who should attend?*

- Those who plan to transition to pump therapy in the next 6 months.
- Those who are interested in pump therapy and want to know more about how this therapy works.
- Those who want to see different pump models and learn more about the pumps SWENDO recommends.

### **Optimizing Pump and CGM Therapies**

*Who should attend?*

- Those who want help evaluating the accuracy of current pump settings (basal rates, correction factors and insulin to carbohydrate ratios).
- Those who want to more confidently use advanced pump features such as extended bolus and temporary basal rates.
- Those who want to learn to optimize the use of their continuous glucose monitor (CGM) to assist in achieving better glucose control.