

State of Arizona Employees and covered dependents get expert Diabetes education for the Low Cost of an Office Visit Co-Pay.

Any of the Diabetes Self Management Training (DSMT) Centers listed on this brochure will work with you and your provider to get a referral for Diabetes Education Classes.

Use Diabetes Education to:

- Lose weight by understanding healthier food choices and how to control portion sizes
- Improve your blood sugar number by knowing how to find patterns in your blood readings
- Make lifestyle changes easier by identifying what is preventing you from good health
- Enjoy your favorite foods without raising blood sugars by understanding how to make a balance meal plan
- Get the most from your medications and avoid unnecessary side effects by discussing how prescriptions work
- Make your time with your doctor more effective by understanding what to bring to your appointment and what questions to ask.



**FEEL BETTER.
HAVE MORE ENERGY.**

**Diabetes should not control
your life.**

Benefit Options
Choice Value Health

**Benefit Options
Wellness**

LOW-COST DIABETES EDUCATION



Learn to Control Your Diabetes

Call a Diabetes Self Management Training (DSMT) Center and learn to manage your diabetes for the low cost of an office visit co-pay.

Diabetes Self Management Training Centers

Camp Verde Northern Arizona Healthcare Camp Verde Health Ctr 928-639-6346	Cigna Healthcare of Arizona CMG-Paseo Healthcare Ctr 623-876-2355	Phoenix Maricopa Integrated Health System 602-344-5104	Prescott Valley Yavapai Regional Medical Ctr Diabetes Self Mgmt Education 928-759-5920	Sun City West Banner Arizona Medical Clinic Diabetes Self Mgmt Education 623-583-5150	Carondelet Health Network Tucson Heart Hospital 520-873-3968
Chandler Cigna Healthcare of AZ Cigna Medical Group-Chandler Healthcare Ctr. 623-876-2355	Green Valley Carondelet Health Network Carondelet Medical Mall 520-872-6055	*Phoenix Indian Medical Ctr Diabetes Self-Management (tribal affiliation required) 602-263-1200 Ext 1398	Safford Carondelet Health Network Mt. Graham Regional Medical Ctr 928-348-8777	Tempe Cigna Healthcare of AZ CMG- CJ Harris Healthcare 623-876-2355	Carondelet Health Network St. Mary's Hospital Diabetes Care Center 520-872-6055
Chandler Regional Medical Ctr Center for Diabetes Mgmt 480-728-3535	Kingman Kingman Regional Medical Ctr Outpatient Diabetes Education 928-692-4607	Chandler Regional Medical Ctr Ahwatukee Foothills Health 480-728-3535	Scottsdale Cigna Healthcare of AZ CMG Scottsdale Healthcare 623-876-2355	Tucson Carondelet Health Network St. Joseph's Hospital Diabetes Care Ctr 520-873-3968	Yuma Yuma Regional Medical Ctr. Diabetes Self-Management Education 928-336-7309
Diabetes America 480-855-6075	Mesa Cigna Healthcare of Arizona CMG-Superstition Springs 623-876-2355	Scottsdale Healthcare Diabetes Ctr/John C. Lincoln Deer Valley & North Valley 480-323-4800 Ext. 1	Scottsdale Healthcare SHC Endocrinology Institute Diabetes Ctr 480-323-4911	NW Diabetes Lifeskills Ctr Diabetes Self-Management Education 520-742-2121	*Please note that these centers will need a referral from your provider. They will work with you and your provider to confirm that your state insurance plan is accepted.
Cottonwood Northern Arizona Healthcare Flagstaff Medical Ctr Diabetes Education Program 928-214-3814	Nogales Carondelet Health Network Holy Cross Hospital 520-285-8068	Cigna Healthcare of Arizona CMG Clyde Wright, CMG Deer Valley, CMG- South Mountain, CMG-Paradise Valley, CMG-Westridge 623-876-2355	Show Low Summit Health Care Diabetes Self-Management 928-537-6984	Tucson (continued) Tucson Medical Center Diabetes Self-Mgmt Education 520-324-3526	** Location availability is subject to change. Please contact your medical network if you are unable to reach a location.
Gilbert Chandler Regional Medical Ctr Gilbert Health Ctr 480-728-3535	Peoria Banner Arizona Medical Clinic Diabetes Self-Management 623-583-5150	Prescott Yavapai Regional Medical Ctr Diabetes Self Mgmt Education 928-771-5794	Sun City Cigna Healthcare of AZ CMG- Sun City Healthcare 623-876-2355	University of Arizona, Pediatrics University Physicians Healthcare Angeles Diabetes Center (pediatric patients only) 520-626-6077	
Glendale Diabetes Self Mgmt Education Program- Comprehensive 623-521-5867					

Any of these Centers will work with you and your provider to get a referral for Diabetes Education Classes.



"My doctor was very pleased with my progress. I told her your classes were responsible"

"What a difference in my husband's attitude toward accepting his Diabetes. He's a new man. He now knows how to read nutritional information on items in the store and is very enthusiastic about managing his Diabetes"

"This class was the best thing I could have done for myself. I am no longer angry about my Diabetes and I am excited to change my habits and live better"

"This class was a tremendous help in calming my fears about Diabetes. I am now able to get control with self care"