

FOR STATE OF ARIZONA BENEFIT OPTIONS MEMBERS

EXPERT DIABETES EDUCATION FOR THE LOW PRICE OF A STANDARD OFFICE COPAY

FIVE CLASSES WITH A CERTIFIED DIABETES EDUCATOR

PERSONALIZED NUTRITION COUNSELING

PORTION CONTROL, CARB
COUNTING, HIDDEN SUGARS AND
MORE

GET THE LATEST INFORMATION ON MEDICATIONS AND TESTING EQUIPMENT

FIND THE BEST TESTING
EQUIPMENT FOR YOU. GET
EXPERT MEDICATION ADVICE
AND COUNSELING

UNDERSTAND YOUR NUMBERS

LEARN WHAT YOUR NUMBERS
MEAN AND WHAT YOU CAN DO
TO AFFECT THEM

BE KNOWLEDGABLE AND CONFIDENT SO YOU CAN MANAGE YOUR DIABETES WITH YOUR DOCTOR

BE IN THE KNOW SO YOU CAN BE
ACTIVE IN YOUR CONVERSATIONS
WITH MEDICAL PROFESSIONALS
AND TAKE CONTROL OF YOUR
CARE

LEARN HOW TO MONITOR YOUR DIABETES

GET HANDS ON TRAINING ON THE
BEST METHODS TO MONITOR AND
CONTROL YOUR DIABETES

Feel better!

Don't Let Diabetes Control Your Life!

Have More Energy!

CALL ANY OF THESE DIABETES SELF-MANAGEMENT TRAINING (DSMT) CENTERS AND THEY WILL WORK WITH YOU AND YOUR INSURANCE PROVIDER TO GET A REFERRAL FOR EXPERT DIABETES EDUCATION AT AN AMAZINGLY LOW PRICE!

Camp Verde

Northern Arizona Healthcare
Camp Verde Health Ctr
928-639-6346

Chandler

Cigna Healthcare of AZ
CMG-Chandler Healthcare Ctr
623-876-2355

Chandler Regional Medical Ctr
Center for Diabetes Mgmt
480-728-3535

Diabetes America
480-855-6075

Flagstaff/ Cottonwood

Northern Arizona Healthcare
Flagstaff Medical Ctr
Diabetes Education Program
928-214-3814

Gilbert

Chandler Regional Medical Ctr
Gilbert Health Ctr
480-728-3535

Glendale

Diabetes Self Mgmt Education
Program Comprehensive
623-521-5867

Cigna Healthcare of AZ
CMG-Paseo Healthcare Ctr
623-876-2355

Green Valley

Carondelet Health Network
Carondelet Medical Mall
520-872-6055

Kingman

Kingman Regional Medical Ctr
Outpatient Diabetes Education
928-692-4607

Mesa

Cigna Healthcare of AZ
CMG-Superstition Springs
623-876-2355

Nogales

Carondelet Health Network
Holy Cross Hospital
520-285-8068

Peoria

Banner Arizona Medical Clinic
Diabetes Self-Mgmt Education
623-583-5150

Phoenix

Maricopa Integrated Health System
602-344-5104

Phoenix Indian Medical Ctr
Diabetes Self-Mgmt Education
(tribal affiliation required)
602-263-1200 Ext 1398

Chandler Regional Medical Ctr
Ahwatukee Foothills Health Ctr
480-728-3535

Scottsdale Healthcare
Diabetes Ctr/ John C. Lincoln
Deer Valley & North Valley
480-323-4800 Ext. 1

Phoenix (cont'd)

Cigna Healthcare of AZ
CMG-Clyde Wright
CMG-Deer Valley
CMG-South Mountain
CMG-Paradise Valley
CMG-Westridge
623-876-2355

Prescott

Yavapai Regional Medical Ctr
Diabetes Self-Mgmt Education
928-771-5794

Prescott Valley

Yavapai Regional Medical Ctr
Diabetes Self-Mgmt Education
928-759-5920

Safford

Carondelet Health Network
Mt. Graham Regional Medical Ctr
928-348-8777

Scottsdale

Cigna Healthcare of AZ
CMG-Scottsdale Healthcare Ctr
623-876-2355

Scottsdale Healthcare
SHC Endocrinology Institute
Diabetes Ctr
480-323-4911

Show Low

Summit Health Care
Diabetes Self-Mgmt Training
928-537-6984

Sun City

Cigna Healthcare of AZ
CMG-Sun City Healthcare Ctr
623-876-2355

Sun City West

Banner Arizona Medical Clinic
Diabetes Self-Mgmt Education
623-583-5150

Tempe

Cigna Healthcare of AZ
CMG-CJ Harris Healthcare Ctr
623-876-2355

Tucson

Carondelet Health Network
St. Joseph's Hospital
Diabetes Care Ctr
520-873-3968

Tucson (cont'd)

NW Diabetes Lifeskills Ctr
Diabetes Self-Mgmt Education
520-742-2121

Tucson Medical Center
Diabetes Self-Mgmt Education
520-324-3526

University of Arizona, Pediatrics
University Physicians Healthcare
Angel Wing Diabetes Clinic
(pediatric patients only)
520-626-6077

Carondelet Health Network
Tucson Heart Hospital
520-873-3968

Tucson (cont'd)

Carondelet Health Network
St. Mary's Hospital
Diabetes Care Ctr
520-872-6055

Yuma

Yuma Regional Medical Ctr
Diabetes Self-Mgmt Education
928-336-7309

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.



WWW.AZDIABETES.GOV