

DIABETES

education program

A step in the right direction

Cigna Medical Group offers a comprehensive and personalized program for education and treatment of individuals with diabetes mellitus.

GO YOUSM



Cigna Medical GroupSM

DIABETES EDUCATION PROGRAM

Cigna Medical Group values the importance of being well educated when it comes to your personal health. It is especially important to know how to take care of yourself if you have been diagnosed with diabetes. And while there is no one approach to controlling diabetes, our educational classes can help guide you in the right direction. A Cigna Medical Group diabetes educator can help you develop your individual plan.

Assessment

Meet with a diabetes educator to discuss your individual care plan. Appointments can be made Monday through Friday at various times at many of our centers.

Call **623.876.2355** for more information, specific schedules and to set up your assessment appointment.

Basic class series

If you are looking for more information, you may attend a comprehensive personalized program of diabetes education. Upon completion of the class series, you are encouraged to follow up either in a group setting or individually.

- Topics covered in the basic classes include:

Physiology of diabetes	Meal planning
Home glucose monitoring	Exercise
Medications	High and low blood sugars
Skin and foot care	Long-term complications
Sick day rules	Stress management/goal setting
Community resources	

- Each participant will receive an individualized meal plan.
- Sessions are conducted by a registered nurse and registered dietitian. Staff members are certified diabetes educators.
- Class locations are available at 11 of our Cigna Medical Group locations valley-wide

Fast track options

For those who are working or have a busy schedule, we offer a shorter, fast-paced class that touches on the basics.

Continuing diabetes education classes

If you have completed the initial assessment and basic class series, and would like to stay connected with your diabetes education team, these classes may be for you. They are held at various times during the year to provide updated information, self-care motivation and the opportunity for you to get your questions answered by certified diabetes educators.

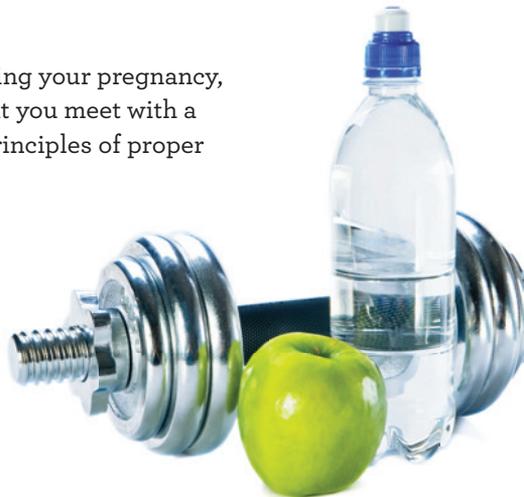
Diabetes Q&A session

A two-hour session for questions and answers for those who are dealing with diabetes and other chronic conditions.

Gestational diabetes

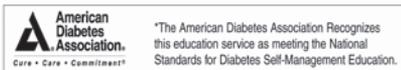
If you are diagnosed with diabetes during your pregnancy, Cigna Medical Group recommends that you meet with a diabetes educator. You will learn the principles of proper blood sugar control to help ensure the delivery of a healthy baby.

**READY TO REGISTER?
HAVE QUESTIONS?
Call us at 623.876.2355**





Take a
virtual tour.



Cigna Medical Group is an NCQA-recognized Patient-Centered Medical Home

★★★★★ **Cigna Medical Group** is the group medical practice for Cigna HealthCare of Arizona's Medicare Advantage Plan,¹ the highest-rated plan in Arizona, with 4.5 out of 5 stars for 2013 by www.medicare.gov

¹ Plan performance summary star ratings are assessed each year and may change from one year to the next.

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