

PRESENTED BY UNC ENDOCRINOLOGY AT EASTOWNE

A UNC Hospitals Outpatient Clinic



LEARN TO THRIVE WITH DIABETES

FOR MORE INFORMATION CONTACT US



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UNC
HEALTH®



DIABETES SELF-MANAGEMENT EDUCATION AND SUPPORT PROGRAM

ABOUT THE PROGRAM

- Recognized by the American Diabetes Association
- Covered by most insurance plans
- Provides tools to better manage blood sugars
- Helps lower A1c up to 2%
- Led by certified diabetes educators

OUR PROGRAM INCLUDES:

Key Areas of Diabetes Self-Management:

Diabetes + your body

Risk Prevention

Nutrition

Monitoring+ Technology

Physical Activity

Coping Skills

Medication

EASY TO ATTEND!

- ✓ Have your doctor or provider place a referral
- ✓ Have a recent A1c available
- ✓ Check insurance coverage
- ✓ Call 984-974-2950 to get scheduled

WHAT DO PAST ATTENDEES SAY?

“
Great experience!
Learned to eat healthier
Motivated me to be more active
Enjoyed what others shared
Helped me reach my goals
Use what I learned daily
”