



# St. Luke's Hospital Diabetes Education\* Program

The Road to Good Health  
Starts With You and an  
Experienced Team

**St. Luke's  
HOSPITAL**  
Our specialty is you.  
stlukes-stl.com



## Insurance Coverage

Medicare will cover initial and annual follow-up diabetes education after your deductible has been met:

- Three hours of education with a dietitian during the first year after diagnosis and two hours per calendar year for ongoing education.
- Ten hours of initial diabetes self-management training (1 hour individual training plus 9 hours of group training) and two hours per calendar year for ongoing education.

Other insurance companies typically cover diabetes education. Check with your insurance company to verify your coverage.

**For more information:**  
The Nutrition Wellness and Diabetes Center  
Phone: 314-205-6483

**St. Luke's  
HOSPITAL**

Our specialty is you.

St Luke's Outpatient Center, Building B  
111 St Luke's Center Dr., Suite 42B  
Chesterfield, MO 63017

3-3221

**American  
Diabetes  
Association®**

\*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.

## How Can Diabetes Education Help Me?

If you are an adult with Type 1, Type 2 or Gestational Diabetes, we are here to help you better manage your medical needs. The St. Luke's Hospital Diabetes Education Program has been recognized by the American Diabetes Association for Quality Self-Management Education and Support. Our program is designed to help you learn strategies to manage your diabetes through diet, exercise and medication, if needed.

Diabetes is a lifelong condition. Controlling blood glucose levels promotes a healthier life and reduces the risk of developing complications. Our team of Certified Diabetes Educators (CDEs) specialize in helping you develop the skills needed to improve glucose management and overall health outcomes.

### New to Diabetes?

Your initial year after being diagnosed is a critical time to learn the skills needed to manage your diabetes. Knowledge is key to success. St. Luke's Nutrition Wellness and Diabetes Center partners with your physician to offer an opportunity to maximize your knowledge by participating in our program. The program includes ten hours of training consisting of both individual and group training sessions.

### Individual Training – Assess and Develop a Personalized Plan (Two Sessions)

Each patient will be assessed for medical, physical and nutrition history. The assessment will be used to develop an individualized plan and goals for medication administration, blood glucose monitoring, nutrition and activity.

### Group Training – Learn Skills to Achieve Your Plan (Four Sessions)

By the end of the program, patients will:

- Gain basic information about diabetes and glucose management.
- Understand how blood glucose meters, insulin pens, insulin pumps and continuous glucose monitors may help with your glucose control.

- Participate in a cooking demonstration with tips and recipes provided.
- Adopt healthy eating habits through nutrition education, including diabetes meal-planning, weight-loss strategies and other disease-specific nutrition counseling.
- Develop problem-solving strategies and skills to self-manage diabetes.
- Learn how to monitor, interpret and respond to blood glucose results.
- Understand how diabetes medications work.
- Develop skills for handling stressful situations.

### Need a Refresher?

Over time, your diabetes care plan may need adjustment as your healthcare needs change. This yearly follow-up will ensure your plan is current and matches any changes in your nutrition and diabetes management needs. We offer individual and group sessions to ensure you are on the right track. Call 314-205-6483 for more information.

## Other St. Luke's Diabetes Education Options

### DiabetesAware Risk Assessment

About 30 percent of people who have diabetes don't know they have the condition and more than a quarter of Americans have pre-diabetes. Take our DiabetesAware risk assessment at [stlukes-stl.com](http://stlukes-stl.com) to find out your risk.

### Pre-Diabetes: Making Healthy Changes

This free program taught by a Certified Diabetes Educator helps participants learn how lifestyle changes can help decrease your risk of developing diabetes. For more information or to register, call 314-542-4848 or visit [stlukes-stl.com](http://stlukes-stl.com).

### Introduction to Diabetes Management

This free program, taught by a Certified Diabetes Educator, introduces basic diabetes concepts, American Diabetes Association guidelines and self-management strategies. For more information or to register, call 314-542-4848 or visit [stlukes-stl.com](http://stlukes-stl.com).

### Healthy Weigh Weight Loss Program

This 12-week group program, a direct adaptation of the National Institutes of Health/National Institute of Diabetes Prevention Program, is designed to help reduce weight and improve health. Sessions include private weigh-in, strategies for success, individual goal setting and group discussion of successes and challenges. New classes start every 12 weeks. The cost is \$99. Call 314-205-6483 for more information.

### St. Luke's Diabetes Exercise Program

This program is for active individuals with diabetes or pre-diabetes. Each participant will have a plan designed by an exercise physiologist. The initial evaluation is covered by most insurances. Membership at St. Luke's Fitness Center is available for \$20 per month. Call 314-205-6881 for more information.