

Prediabetes & Diabetes Program: Welcome Packet

Program Overview:

Welcome to the Comprehensive Diabetes Care Management Program! This program was designed to help members who are newly diagnosed or who need more support as they manage their prediabetes or diabetes. The goal of this program is to provide education, resources, and support so that our members can successfully and independently manage their prediabetes or diabetes.

If you are receiving this packet, you have most likely just had your first meeting with our nursing or health coaching team. This packet was designed to give you some additional information about this program including what to expect on a weekly basis, the content that will be covered, and the resources available to you.

To give a brief overview, in this program our nursing and health coaching teams will hold weekly, 30 or 45 minute sessions with you (depending on the education topic). During this one-on-one time, your nurse or health coach will address your current care needs, provide education, get you up to date with blood work and vaccinations, perform foot exams, and make sure your medications and supplies are refilled. They will also help you get appointments with your primary care provider or other members of your care team who can work with you on things like fitness, physical therapy, optometry, and mental health. If you need to meet with other specialists, we can help with that, too!

Program Duration:

- **Prediabetes Track:** Two weeks
- **Diabetes Track:** Eight weeks

Educational Resources:

- **Website:** <https://crossoverhealth.com/diabetes/>

Weekly Education Topic:

- **Week 1:** Nutrition
- **Week 2:** Exercise
- **Week 3:** Blood Glucose Management
- **Week 4:** Medication Management
- **Week 5:** The financial Impact of diabetes
- **Week 6:** Important vaccinations for persons with diabetes
- **Week 7:** Foot, Eye, and Oral Health
- **Week 8:** Program Wrap Up

Educational Video Content:

- Prediabetes Overview
- Type 1 Diabetes Overview
- Type 2 Diabetes Overview
- Hemoglobin A1c & eAG
- Nutrition
- Exercise
- Blood Glucose Management & Monitoring
- Blood Glucose Emergencies
- Common Questions & Answers about Glucometers
- How to Save on the Cost of Medications & Supplies
- Non-insulin Medications to Treat Diabetes
- Insulin
- Vaccinations
- Keeping your Community Safe: Sharps Disposal
- Foot Care
- Managing Sleep & Stress
- Eye Health

Educational Handout Topics:

- Diabetes and Your Health
- Type 1 Diabetes Overview
- Type 1.5 Diabetes Overview
- Type 2 Overview
- Blood Glucose 101: The Basics
- Blood Glucose 101: 5 Steps to Test Your Blood Glucose
- Blood Glucose 101: Tips to get a Successful Reading
- Blood Glucose 101: Managing your Blood Glucose Level
- Blood Glucose 101: Glucose Warning Signs
- Blood Glucose 101: Blood Glucose and Illness
- Diet: Carbohydrates
- Diet: Protein
- Diet: Snack Guidelines
- Diet: Plate Method
- Diet: Managing Your Blood Sugar While Sick
- Diet: Non-starchy Vegetables
- Diet: Party/Holiday Planning
- Diet: Travel
- Diet: 7 Day Food Journal
- Exercise: The Basics
- Exercise: Where to Start
- Exercise: Exercising Safely
- Exercise: Sample Exercise Plans
- Oral Health
- Eye Health
- Foot Care
- Footwear Recommendations
- Vaccinations
- Non-insulin Medications
- Metformin
- Insulin 101: The Basics
- Insulin 101: Blood Sugar

- Insulin 101: Using Insulin
- insulin 101: Giving Yourself An Insulin Shot

Fitness Resources:

- Free Fitness assessment:
 - Crossover Fitness Coaches are here to help you get started with your journey no matter your current level of fitness. Please click the link to schedule your free [Fitness Assessment](#) today!
- Free Group Classes:
 - You'll find a variety of live group classes offered to you and your peers on our website under the CLASS CALENDAR section.
- Free Individual Fitness Videos:
 - Beginner Cardio
 - Beginner Yoga
 - Beginner Strength Training
 - Intermediate Cardio
 - Intermediate Yoga
 - Intermediate Strength Training
 - Advanced Cardio
 - Advanced Yoga
 - Advanced Strength Training