

TYPE 2 DIABETES EDUCATION

Ridgeview's diabetes education classes will provide you with practical information to help you understand type 2 diabetes and how to successfully manage your condition.



Coursework is designed for:

- + People newly diagnosed with type 2 diabetes.
- + People who are diagnosed with type 2 diabetes, but have had little or no diabetes education.
- + People who previously received diabetes education, but need a refresher.

CLASS TOPICS

Choose a session that works best for your schedule as you are encouraged to attend all four classes. The first class will be 90 minutes long, followed by three 60-minute classes. If you are unable to attend the full series, or if your insurance will only cover two class hours, you may sign up for any class that interests you.

- + **Class 1: Getting started with diabetes**
What is diabetes? Why now? Why me? Glucose monitoring - what the numbers mean. Beginner meal planning.
- + **Class 2: Moving on**
Advanced meal planning. Glucose monitoring. Being active.
- + **Class 3: Moving forward**
Taking medications, why do I need them? What do they do? Heart healthy eating and preventing heart disease. Problem solving for sick days, travel, disaster planning and alcohol.
- + **Class 4: The future**
Focus on preventive care to avoid complications, promote healthy coping for your emotional health and support weight management. You will be provided with resources for knowledge and assistance.

COST

Each class will be billed separately. If you plan to submit a claim to your insurance to cover the cost of the class(es), you will need a referral from your health care provider.

Insurance will be verified and discussed before your class is scheduled. Most insurance companies will cover diabetes education after deductibles and copays are met. Medicare covers 10 hours of diabetes education the first year, and two hours every year following. If your insurance does not cover the cost of the classes because of a high deductible, a single 60-minute class costs about \$97 out-of-pocket.

LOCATIONS

All classes may be attended in-person or virtually via Microsoft Teams.

In-person class locations rotate each month between Waconia and Chaska.

Two Twelve Medical Center
111 Hundertmark Road, Suite 300
Chaska, MN

Ridgeview Professional Building
560 S. Maple Street, Suite 222
Waconia, MN

SCHEDULE

+ Session 1: (Chaska)

Class 1	Jan. 9, 12 – 1:30 p.m.
Class 2	Jan. 16, 12 – 1 p.m.
Class 3	Jan. 23, 12 – 1 p.m.
Class 4	Jan. 30, 12 – 1 p.m.

+ Session 2: (Waconia)

Class 1	Feb. 6, 12 – 1:30 p.m.
Class 2	Feb. 13, 12 – 1 p.m.
Class 3	Feb. 20, 12 – 1 p.m.
Class 4	Feb. 27, 12 – 1 p.m.

+ Session 3: (Chaska)

Class 1	March 6, 12 – 1:30 p.m.
Class 2	March 13, 12 – 1 p.m.
Class 3	March 20, 12 – 1 p.m.
Class 4	March 27, 12 – 1 p.m.

+ Session 4: (Waconia)

Class 1	April 3, 12 – 1:30 p.m.
Class 2	April 10, 12 – 1 p.m.
Class 3	April 17, 12 – 1 p.m.
Class 4	April 24, 12 – 1 p.m.

+ Session 5: (Chaska)

Class 1	May 1, 12 – 1:30 p.m.
Class 2	May 8, 12 – 1 p.m.
Class 3	May 15, 12 – 1 p.m.
Class 4	May 22, 12 – 1 p.m.

+ Session 6: (Waconia)

Class 1	June 5, 12 – 1:30 p.m.
Class 2	June 12, 12 – 1 p.m.
Class 3	June 19, 12 – 1 p.m.
Class 4	June 26, 12 – 1 p.m.

+ Session 7: (Chaska)

Class 1	Aug. 7, 12 – 1:30 p.m.
Class 2	Aug. 14, 12 – 1 p.m.
Class 3	Aug. 21, 12 – 1 p.m.
Class 4	Aug. 28, 12 – 1 p.m.

+ Session 8: (Waconia)

Class 1	Sept. 4, 12 – 1:30 p.m.
Class 2	Sept. 11, 12 – 1 p.m.
Class 3	Sept. 18, 12 – 1 p.m.
Class 4	Sept. 25, 12 – 1 p.m.

+ Session 9: (Chaska)

Class 1	Oct. 2, 12 – 1:30 p.m.
Class 2	Oct. 9, 12 – 1 p.m.
Class 3	Oct. 23, 12 – 1 p.m.
Class 4	Oct. 30, 12 – 1 p.m.

+ Session 10: (Waconia)

Class 1	Nov. 6, 12 – 1:30 p.m.
Class 2	Nov. 13, 12 – 1 p.m.
Class 3	Nov. 20, 12 – 1 p.m.
Class 4	Dec. 4, 12 – 1 p.m.

RIDGEVIEW FACILITATORS

Classes are led by a dietitian/certified diabetes care and education specialist.

REGISTRATION

To register, call 952.856.4099. Please be ready to provide the participant's name, date of birth, phone number, referring provider and desired class dates. For additional class information, scan the QR code or visit ridgeviewmedical.org/classes-events.

