

## TYPE 2 DIABETES EDUCATION

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

These class sessions are intended for the following:

### PARTICIPANTS

- + 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 an update or refresher.

### CLASS TOPICS

Participants are encouraged to attend all five 60-to-90-minute classes OR two evening classes. If you are unable to attend the full class 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 do 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.
- + **Class 4: Problem-solving**  
Travel, alcohol, sick days, disaster planning, supporting a loved one with diabetes, getting the most out of your doctor appointments and resources for knowledge and assistance.
- + **Class 5: The future with diabetes**  
Preventive care, reducing risks, healthy coping and your emotional health, achieving and maintaining a healthy weight.

### COST

Each class will be billed separately. If you plan to submit a claim to your insurance for covering the cost of the class(es), you will need a referral from your healthcare 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 have the option of attending 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: 12:00 – 1:00 p.m. (Chaska)**

(\*Note: class 1 will be held from 12:00 – 1:30 p.m.)

Class 1	Jan. 4*
Class 2	Jan. 11
Class 3	Jan. 18
Class 4	Jan. 25
Class 5	Feb. 1

### + **Session 2: 12:00 – 1:00 p.m. (Waconia)**

(\*Note: class 1 will be held from 12:00 – 1:30 p.m.)

Class 1	Feb. 8*
Class 2	Feb. 15
Class 3	Feb. 22
Class 4	Feb. 29
Class 5	Mar. 7

### + **Session 3: 12:00 – 1:00 p.m. (Chaska)**

(\*Note: class 1 will be held from 12:00 – 1:30 p.m.)

Class 1	Mar. 14*
Class 2	Mar. 21
Class 3	Mar. 28
Class 4	Apr. 11
Class 5	Apr. 18

### + **Session 4: 12:00 – 1:00 p.m. (Waconia)**

(\*Note: class 1 will be held from 12:00 – 1:30 p.m.)

Class 1	Apr. 25*
Class 2	May 2
Class 3	May 9
Class 4	May 16
Class 5	May 23

### + **EVENING CLASSES 4:00 p.m. – 6:30 p.m.**

Class 1:	June 6	Chaska
Class 2:	June 20	Chaska

### + **Session 5: 12:00 – 1:00 p.m. (Chaska)**

(\*Note: class 1 will be held from 12:00 – 1:30 p.m.)

Class 1	Aug. 8*
Class 2	Aug. 15
Class 3	Aug. 22
Class 4	Aug. 29
Class 5	Sept. 5

### + **Session 6: 12:00 – 1:00 p.m. (Waconia)**

(\*Note: class 1 will be held from 12:00 – 1:30 p.m.)

Class 1	Sept. 12*
Class 2	Sept. 19
Class 3	Sept. 26
Class 4	Oct. 3
Class 5	Oct. 10

### + **Session 7: 12:00 – 1:00 p.m. (Chaska)**

(\*Note: class 1 will be held from 12:00 – 1:30 p.m.)

Class 1	Oct. 24*
Class 2	Oct. 31
Class 3	Nov. 7
Class 4	Nov. 14
Class 5	Nov. 21

### + **Session 8: (Waconia)**

(\*Note: class times)

Class 1	Dec. 5	12:00 – 1:30 p.m.
Class 2 & 3	Dec. 12	12:00 – 2:00 p.m.
Class 4 & 5	Dec. 19	12:00 – 2:00 p.m.

Class 1:	July 11	Waconia
Class 2:	July 25	Waconia

## RIDGEVIEW FACILITATORS

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

## REGISTRATION

To register, scan the QR code to the right or visit [ridgeviewmedical.org/classes-events](http://ridgeviewmedical.org/classes-events). Registration is also available by phone, call 952.856.4099.

When registering, please provide the following information: participant's name, date of birth, phone number, referring provider, and the class dates the participant would like to attend.

