

## DIABETES EDUCATION SERIES AT THE NOVO NORDISK FAMILY RESOURCE ROOM

In addition to the referral based program, informal classes are offered free of charge in the Novo Nordisk Family Resource Room, located at Capital Health Medical Center – Hopewell. Led by registered dietitians and certified diabetes care and education specialists, a variety of topics are discussed, including pre-diabetes, meal planning, dining out, stress management, exercise and heart disease, sick days and emergencies.



## LOCATIONS

Our diabetes education programs are now held at these two locations:

Capital Health – Hamilton  
1401 Whitehorse-Mercerville Road  
Hamilton, NJ 08619

Capital Health Medical Center – Hopewell  
One Capital Way  
Pennington, NJ 08534  
Tel: 609.537.7081 Fax: 609.537.7370

Directions to both facilities are available by visiting us online at [capitalhealth.org](http://capitalhealth.org) (click on the Our Locations tab and then the “View Map & Directions” link under each location).

To learn more about our comprehensive diabetes education program or classes offered at the Novo Nordisk Family Resource Room, please call

**609.537.7081**

or visit our website at

[capitalhealth.org/diabetes](http://capitalhealth.org/diabetes)



**capitahealth**

[capitalhealth.org](http://capitalhealth.org)    

08/2020



## DIABETES EDUCATION



**capitahealth**

[capitalhealth.org/diabetes](http://capitalhealth.org/diabetes)

## DIABETES EDUCATION AT CAPITAL HEALTH

Diabetes Education at Capital Health is a comprehensive referral-based diabetes education program that empowers individuals to successfully self-manage their diabetes. This program has been recognized by the American Diabetes Association since 2005.

Combined with the care you receive from your referring physician, our unique services will help you take charge of your own health under the educational guidance of a multidisciplinary team.

### THE DIABETES EDUCATION TEAM INCLUDES:

- Certified Diabetes Care and Education Specialists
- Registered Nurses
- Nurse Practitioners
- Registered Dietitian
- Exercise Specialist
- Pharmacist

## HELPING YOU SELF-MANAGE DIABETES

We offer day and evening programs to help you better manage your diabetes with the help of your physician. Benefits include:

- Initial assessment provided by a certified diabetes care education specialists or nurse educator
- Meal planning provided by a registered dietitian (including carbohydrate counting, reading food labels, snacking, dining out and special occasions)



- Exercise goals and tips provided by an exercise specialist
- Overview of medications used to manage diabetes by a pharmacist
- Tips on prevention and detection of acute and chronic complications, as well as possible treatment options, based on your referring doctor's recommendations
- Information on the psychosocial aspects of diabetes
- Interaction and support from other program participants
- An eight week follow-up with a certified diabetes care education specialist
- Personalized progress reports sent to your referring doctor
- Upon completion of this course, you will receive an invitation to the Annual Diabetes Refresher course

- Individual appointments are available based on your physician's recommendation

By participating in our program, you and those who support you have an opportunity to better understand the many aspects of diabetes care. Family members or significant others are encouraged to attend.

The comprehensive monitoring and education provided by our team adheres to the national standards set forth by the American Diabetes Association (ADA)\*. Our team communicates with your referring physician who will continue to monitor your medical condition.



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