

# Managing diabetes

## TAKE CONTROL

Managing your diabetes will help you feel better, have more energy, and decrease your risk of diabetes complications.



### Diabetes Basics

*For Kaiser Permanente members who are newly diagnosed with diabetes or who have had it a while but want to better manage their condition*

Learn how diabetes affects your body and what you can do to manage it.

This group, led by a certified diabetes educator, explores healthy eating, blood glucose monitoring, physical activity, and avoiding complications.

Discussions encourage you to discover your successes, learn from others, and build confidence.

3 sessions, 2.5 hours each

No fee for Kaiser Permanente members

One support person over 18 is welcome to attend with you. You are encouraged to bring your glucose meter to the first session. You may bring snacks/drinks for your own use, if needed.

To register, sign on at [kp.org/appointments](https://kp.org/appointments).

Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

*Note: Please register for only the first session of a class.*

When you schedule online, [kp.org](https://kp.org) will register you for all sessions, but will show only the date of the first session. Within a few days, you can log on to [kp.org](https://kp.org) and see all the dates and times of your upcoming sessions.

You also can register by calling 503-286-6816 or 1-866-301-3866, option 1.

### Diabetes Basics – Webinar

*For Kaiser Permanente members who are newly diagnosed with diabetes or who have had it a while but want to better manage their condition*

Learn how diabetes affects your body and what you can do to manage it.

From the comfort of your home or office, learn about healthy eating, blood glucose monitoring, physical activity, and avoiding complications. The sessions are led by a certified diabetes educator.

3 sessions, 1.5 hours each

No fee for Kaiser Permanente members

To register, sign on at [kp.org/appointments](https://kp.org/appointments).

Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

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## Want to know more?

- Go to [kp.org/healthengagement/diabetes](https://kp.org/healthengagement/diabetes).

## Insulin Information

*For Kaiser Permanente members who need to start insulin or have been taking insulin for a while and need a refresher*

Learn about insulin, injection techniques, and how to time insulin with meals and activity.

This class is led by a certified diabetes educator. Proper disposal of insulin syringes also will be covered.

1 session, 3 hours

No fee for Kaiser Permanente members

One support person over 18 is welcome to attend with you. Please bring your glucose meter and log book with you to class. If you have insulin and syringes, please bring them. If you do not yet have your insulin and syringes, it is OK to attend without them.

To register, sign on at [kp.org/appointments](https://kp.org/appointments). Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

You also can register by calling 503-286-6816 or 1-866-301-3866, option 1.

## Pediatric Diabetes Program

*For pediatric Kaiser Permanente members who have been diagnosed with diabetes, and their families*

Get information and support. The program offers several classes:

- Insulin pump class – families can learn the information they need before entering the world of technology and diabetes management.
- Advanced diabetes class – build on your type 1 diabetes knowledge and discuss the myths and realities of raising a child with diabetes.
- Transition class – preparing high school seniors with type 1 diabetes for the next step in their lives.

No fee for Kaiser Permanente members

Classes are offered at different times through the year. For more information, please call 503-331-6260.



## Household medical waste

Most states have laws that require all sharps (syringes and lancets) be placed in a medical waste container for disposal. Kaiser Permanente pharmacies carry sharps containers you can buy to use at home.