

# YOUR LIFE, YOUR PLAN

A CUSTOMIZABLE DIABETES  
EDUCATION PROGRAM

**What do  
YOU  
want to  
know?**

**Your diabetes educator  
will help you create your  
own diabetes plan**



# What do YOU want to know?

You design your own education experience.



## Group Session

Join a series of interactive group sessions to develop strategies to manage your diabetes.



## One-on-One Session

An in-depth assessment with your diabetes educator will help you to identify your unique management priorities.



## Free Resources

Extra resources can help you reach your goals and get support from friends and family.

Healthy Interactions curriculum has been recognized by the American Diabetes Association for quality self-education\*.



The diabetes *Conversation Map*<sup>®</sup> program has helped millions of people better understand and manage their diabetes.

You will leave these sessions with not only information, but a personalized, workable plan that fits your goals and lifestyle.



## Program Prescription

Name \_\_\_\_\_

MANAGING  
DIABETES

HEALTHY  
EATING

CONTINUING  
JOURNEY

MONITORING  
GLUCOSE



The diabetes *Conversation Map*<sup>®</sup> program includes four different *Conversation Map* education tools that focus on various topics related to diabetes and diabetes management:

### **Overview of Diabetes**

- What diabetes is including some common myths and facts about diabetes
- Dealing with feelings and emotions that surround being diagnosed with diabetes and having to manage it daily
- What causes blood glucose to go up and down and signs and symptoms of high and low blood glucose
- The importance of monitoring one's blood glucose on a regular basis
- Key aspects of managing diabetes including food, activity, and medication
- Involving one's support network in managing diabetes

### **Healthy Eating**

- The relationship between diabetes and food
- Feelings about food and healthy eating
- How what you eat, how much you eat, and when you eat can affect your blood glucose
- Meal planning and other strategies for healthy eating

### **Monitoring and Using Your Results**

- What blood glucose and insulin are
- Blood glucose targets and reactions to out-of-range levels
- What can cause blood glucose to go up and down and preventing high and low blood glucose
- Using your monitoring results to manage your diabetes

### **Natural Course of Diabetes**

- The natural course of diabetes
- The potential long-term complications of diabetes
- How to delay or reduce the risk of long-term complications of diabetes
- Knowing your ABC's



**VILLAGE**

FAMILY PRACTICE

713-461-2915

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