Diabetes Self Management Education Program

Austin Room (3.214)  
North Office Building (NOA)  
For more information, call Becky Goldsmith at 512-324-3321

Type 2 Diabetes Classes

Class 1: Diabetes 101  
* Please bring your meter!  
  - How Food Affects Blood Sugar  
  - Monitoring Blood Sugar  
  - Medication Safety  
  - Benefits of Exercise  
  - Weight Loss

Class 2: Getting to the Heart of Diabetes!  
* Bring food and activity records!  
  - The Role of Diet in Diabetes Management  
  - The Benefits of Consistent Carb Intake  
  - Carb Counting  
  - Sodium and Kidney Protection

Class 3: Become Your Own Diabetes Manager!  
* Bring blood sugar results  
  - Understanding Your Lab Results  
  - Problem-Solving  
  - Hypoglycemia and Hyperglycemia  
  - Reducing Risks of Complications and Managing Stress  
  - Foot Care Basics  
  - Sick Day Guidelines

Class 4: Getting to the Heart of Diabetes!  
* Bring food and activity records!  
  - Interpreting Food, Activity and Blood Sugar Records  
  - Behavior Change  
  - Cholesterol, Fats and Alcohol  
  - Dining Out and Snacking

Class Schedule

Class 1:  
Date: Sept 14th  
Time: 1:00—2:30 p.m.

Class 2:  
Date: Sept 21st  
Time: 2:30—5:00 p.m.

Class 3:  
Date: Sept 28th  
Time: 2:30—5:00 p.m.

Class 4:  
Date: Oct 5th  
Time: 2:30—5:00 p.m.

THOSE ON INJECTABLES  
Insulin | Byetta | Victoza | Bydureon  
Date: Sept 14th  
Time: 1:00—2:30 p.m.

NOTE: In order for these services to be covered at no cost to you, UT Health Select Members must call Blue Care Connection and enroll in the UT Select Condition Management Program.  
866-412-8795

NOTE: If you are covered by an insurance carrier other than UT’s Blue Cross Blue Shield of Texas, these classes may or may not be covered by your plan. Please be sure to indicate your insurance on the Registration Form.