

# Healthy Living with Diabetes

An 8 week program that provides tools, information and support to those living with Diabetes, helps participants maintain a healthy lifestyle and identifies resources to be successful with personal health goals.

For employees and spouses who have been diagnosed with Diabetes Type 1 or 2.

2019 Fall Dates at Fire and Police Academy:

## Fridays:

Week 1 ▪ September 20

Week 2 ▪ September 27

Week 3 ▪ October 4

Week 4 ▪ October 11

Week 5 ▪ October 18

Week 6 ▪ October 25

Week 7 ▪ November 1

Week 8 ▪ November 8

**Time:** 12:00 - 1:00 p.m.

## Location:

Fire and Police Academy  
Chapel

6680 N. Teutonia Ave., Milwaukee

## Healthy Reward Points:

- Earn 10 Healthy Rewards points for attending 6 out of 8 classes.
- Earn an additional 10 points if you lose over 2 pounds by the end of the program.
- Earn an additional 5 points if you maintain your weight.
- Maximum of 20 points can be earned.

**1 Diabetes Introduction:** Learn about the types of Diabetes, blood glucose monitoring and self-management and set personal health goals.

**2 Hyper/hypoglycemia and Nutrition:** Learn information to manage the different factors that affect blood glucose and better understand nutrition labels.

**3 Healthy Meal Planning:** Understand how carbohydrates, protein, and fats impact blood glucose. Learn how to choose healthier options at restaurants and make the most of meal planning.

**4 Medications and Limiting Diabetes Complications:** Learn about the progression of diabetes, types of medications, side effects and potential complications.

**5 Everyday Tips for Staying Healthy:** Discuss self-management techniques to stay healthy and reduce the risks of diabetes complications.

**6 Choose to Move:** Understand the importance of incorporating exercise, improving flexibility, building strength and reducing the risk of injury.

**7 Grocery Store Tour:** Identify where to find a variety of healthy options in the store, learn what aisles to avoid and review nutrition facts, labels and ingredients lists.

**8 Behavioral Health and Program Recap:** Manage stress and feelings surrounding diabetes diagnosis and learn motivational strategies to make behavior changes.

This program is offered by the Onsite Nurse Liaison.  
To enroll, contact Mari Cohn [mari.cohn@uhc.com](mailto:mari.cohn@uhc.com) or 240-549-9879.

