



Meal Planning and Meter Program

For those newly diagnosed with prediabetes or diabetes, or those who have not received education in the past



This 2.5- to 3-hour program gives ***people who are newly diagnosed with prediabetes or diabetes, or those who have not received education in the past***, education on:

- overview of the disease
- meal planning
- physical activity
- monitoring blood sugar
- blood sugar targets
- goal setting

Participants who do not have a blood glucose meter will be given one and taught how to use it properly.

This is a fun and interactive program that combines video and discussion. Taught by a certified diabetes educator in a small-group format, the course is held at the UHS Diabetes Center, located at 93 Pennsylvania Avenue, Binghamton.

Part of a Comprehensive Program

The Diabetes Meal Planning and Meter program is the first part in a three-part, comprehensive instruction program that helps patients to understand diabetes and learn optimal self-care techniques. Participants may sign up for additional education sessions once attending this class.

Registration

For additional information or to register for this introductory course, please call (607) 763-6092. A referral from your provider is necessary to attend.

Appointment

Day/Date:

Time:

UHS Diabetes and Endocrinology Center

93 Pennsylvania Avenue
Binghamton, New York
(607) 763-6092



uhs.net



UHS Wilson Medical Center
UHS Binghamton General Hospital
UHS Physician Practices

UHS Chenango Memorial Hospital
UHS Delaware Valley Hospital
UHS Senior Living at Ideal

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UHS Home Care
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