



NAVIGATING DIABETES EDUCATION* PROGRAM

The Diabetes Management Team at Penn State Health St. Joseph believe that education is the key to empowering people to take charge of their lives and manage their diabetes for optimum health and wellness.

Patients are encouraged to schedule with one of our Certified Diabetes Educators or Registered Dietitians to develop an individual education plan to help the patient understand and self-manage their diabetes.

Individual outpatient diabetes appointments are held at 5 convenient locations.

Group Classes:

“Introduction to Diabetes and Nutrition”

- Learn about the diabetes disease process and treatment options. Understand how food affects blood sugar and different methods for planning healthy meals.

“Eating and Exercising for a Healthy Heart”

- Identify foods that support heart health and how exercise affects blood sugar levels. Learn ways to create an exercise plan and overcome barriers to staying on track.

“Diabetes-Related Risks Reduction”

- Define the natural course of diabetes and describe the relationship of blood sugar levels to long term complications of diabetes. Identify appropriate screenings and support needed for living with diabetes.

“Introduction to Diabetes Medications”

- Understand the different classes of diabetes medications and their effect on blood sugars. Describe how to treat low blood sugar and actions for lowering high blood sugar levels.

Dates/Times will vary:

Contact department for more information. Call Diabetes Management Services at 610-378-2030 to schedule an individual assessment and to register for classes.

**Medicare and most other insurance offer diabetes self-management education as a covered benefit. Please contact your insurance provider for questions regarding your deductible and/or copay.*

Locations:

Penn State Health St. Joseph Medical Office Building

2494 Bernville Rd., Suite 103, Reading, PA 19601

Penn State Health St. Joseph Muhlenberg

3407 N. 5th St, Highway, Reading, PA 19605

Penn State Health St. Joseph Downtown Campus

640 Walnut St., First Floor, Reading, PA 19601
(Group classes available)

Penn State Health St. Joseph Spring Ridge Health Corridor

2607 Keiser Blvd., Wyomissing, PA 19610
(Group classes available)

Penn State Health St. Joseph Exeter Ridge Health Complex

3970 Perkiomen Ave., Reading, PA 19606
(Group classes available)



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*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.