

Virtua Center for Nutrition and Diabetes Care

**Classes, programs and support groups
to manage diabetes every day of your life.**



Diabetes classes, programs and support groups

Diabetes is a serious and complex disease. However, with the right self-management, people with diabetes can feel their best while significantly lowering the risk of long-term complications such as heart disease and stroke.

Diabetes Self-Management

Virtua's nationally recognized Nutrition and Diabetes Care provides you with the support and resources you need to live confidently with diabetes. Effective self-management enables you to make the daily decisions to control blood sugar, including:

- Choosing healthy foods
- Being physically active
- Monitoring blood sugar levels
- Managing medications as prescribed by a doctor
- Managing stress
- Preventing complications

Recognition by the American Diabetes Association

The Outpatient Diabetes Program at Virtua has been recognized for excellence by the American Diabetes Association (ADA). This distinction identifies quality education programs that meet the National Standards for Diabetes Self-Management Education.



About our diabetes self-management classes

Registration

Registration is required. Class size is limited to promote the best learning experience. You are encouraged to bring a family member or support person with you to class.

If you register for a class and need to reschedule, call 1-888-VIRTUA-3 (1-888-847-8823).

Location

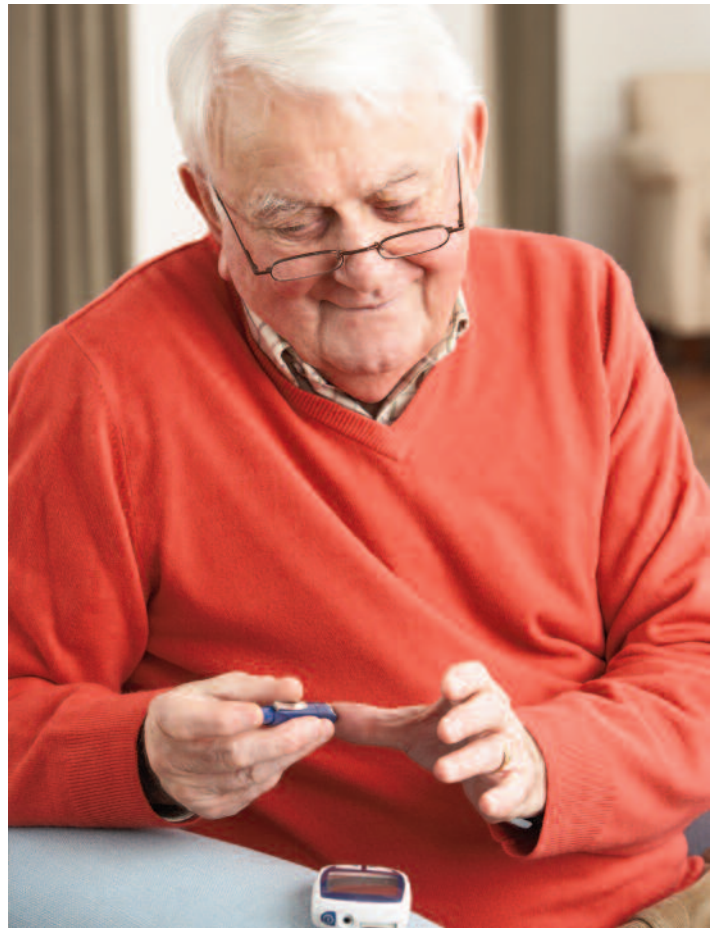
Classes are held in the Conference Center at Virtua Memorial in Mount Holly; the Family Health Center at Virtua Camden; the Training Room at Virtua Plaza Voorhees, and at the Virtua Health and Wellness Center in Washington Township.

Insurance

Medicare and most insurance companies cover diabetes education if you have a physician referral or prescription.

We recommend that you contact your insurance provider to confirm coverage. You will need a minimum of four visits to complete classes. You are responsible for all co-pays and deductibles specified by your insurance.

For more information or to register, call **1-888-VIRTUA-3** (1-888-847-8823).



Resources

American Diabetes Association

www.diabetes.org

Juvenile Diabetes Research Foundation

1415 Rt. 70 East, Suite 502 Cherry Hill, NJ 08034
(856) 429-1101 • www.jdrf.org

Children with Diabetes

www.childrenwithdiabetes.com

National Diabetes Education Program

www.ndep.nih.gov

USDA My Plate

www.choosemyplate.gov

DiabetesCare.Net

www.diabetescare.net

Diabetes Self-Management Education



Group diabetes self-management

Studies show that small group classes lead to the best outcomes for type 2 diabetes. CDEs and registered dietitians lead small groups on a variety of topics as well as meet individually to discuss health history, medications and any personal information. Classes are a series of three, and attendance is encouraged at all three classes.

Medicare Part B

Medicare Part B allows for 10 hours of diabetes education for the first year, then 2 hours every subsequent year. Virtua encourages patients to use this benefit, and come in for annual appointments with a diabetes nurse and registered dietitian.

Individual diabetes self-management

Individual self-management counseling is most appropriate for people with type 1 diabetes, those who require insulin instruction, women with diabetes during pregnancy, and children and teens with diabetes, and those with special health needs.

Counseling is by appointment only. Most medical insurance companies reimburse for this service with a physician's referral or prescription. Patients will need to see a dietitian and RN, CDE to complete diabetes self-management education.

Pregnancy and diabetes/ Gestational diabetes

CDEs and RDs teach women who have diabetes during pregnancy how to keep themselves and their babies healthy. Counseling is also provided to women with diabetes who are contemplating pregnancy. The CDE and RD work with women both on an individual basis and in small group settings. Most insurance companies reimburse for this service with a physician referral.

Living Well, Living Strong Diabetes Support and Education

Studies show that people with diabetes benefit from ongoing support and education in the group setting. This leads to better health and diabetes management.

The Virtua Center for Diabetes Care is committed to providing free, ongoing diabetes self-management support for our patients and families.



Living Well, Living Strong

Free diabetes group support and educational lecture series. Call for topics and to register.

Location: Virtua Memorial Hospital
Conference Center

Dates: First Tuesday of the month
(March through June and
September through November)

Times: 7 to 8:30 pm

Location: Virtua Plaza, Voorhees

Dates: Second Tuesday of month
(March through June and
September through November)

Times: 7 to 8:30 pm

Insulin Users Support Group

Meets several times during the year in various locations. Call for dates and times.

Virtua Diabetes Expo

Free health fair for people with diabetes. Call for dates and locations.

For more information or to register,
call **1-888-VIRTUA-3** (1-888-847-8823).

Related services

Insulin pump education

To help make the best decision on your insulin pump therapy, work with one of our CDEs who specialize in insulin pump education including carbohydrate counting, pump selection and managing diabetes while using an insulin pump.

Safe syringe disposal

This service is available at each Virtua hospital. A one-time \$10 registration fee is required.

Nutrition

Individual nutrition counseling with a registered dietitian is available for children (12 months and older), teens and adults. Virtua registered dietitians work with your physician to address medical conditions such as high cholesterol, high blood pressure, weight management, gastrointestinal disorders (e.g. celiac disease and irritable bowel syndrome), cancer and food allergies. Counseling is by appointment only, and is provided at all locations.

Insurance coverage for nutrition counseling varies widely, so check with your insurance provider or call a Virtua diabetes location for assistance prior to making your appointment.

For more information or to register, call **1-888-VIRTUA-3** (1-888-847-8823).

Halloween candy exchange

Virtua partners with Boscov's department stores in the Moorestown, Echelon and Deptford Malls to offer a Halloween candy exchange to children ages 14 and under who have diabetes. Kids simply bring their candy and exchange it for a Boscov's gift card. Registration is required.



Fitness

Virtua offers a variety of fitness options through its award winning William G. Rohrer Center for HealthFitness and at Virtua's Center for HealthFitness, Washington Township. Every aspect of the centers is designed to help you meet all your health and fitness needs in a place where you feel relaxed and confident.

There are weight and cardiovascular training areas; lap, aerobic and warm-water-therapy pools; and walk/jog tracks.

Personal Health Navigation

Virtua's Personal Health Navigation Program is a free service that is designed to guide you to the exact care you need, when you need it. It's basically a one-stop shop for your health-care needs.

Virtua's personal health navigators are skilled professionals who ensure you receive excellent attention throughout every stage of your care.

Think of them as personal guides to help you plot a course through the medical maze, which can include hospitals, outpatient settings, clinics, and patient support services.

Call **1-888-VIRTUA-3** (1-888-847-8823).

They are available to:

- **Schedule appointments with primary care physicians and specialists.**
- **Schedule appointments for diabetes classes.**
- **Schedule individual appointments with a diabetes nurse and registered dietitian.**
- **Schedule appointments for lab and radiology tests to coordinate with doctor appointments.**
- **Register you or family members for health education or support groups.**
- **Create an itinerary of appointments to help you plan your day.**
- **Identify and explain available services.**



Virtua Center for Nutrition and Diabetes Locations

**Virtua Health and Wellness Center
Washington Township**

Suite 365
239 Hurffville-Cross Keys Rd.
Sewell, NJ 08080

Diabetes and Nutrition Services

895 Rancocas Rd., Suite 3
Mount Holly, NJ 08060

Starting Fall 2012 visit us at our new location at

Virtua Health and Wellness Center

Moorestown

401 Young Avenue
Moorestown, NJ 08057

Virtua Camden

Family Health Center
1000 Atlantic Avenue, 2nd Floor
Camden, NJ 08104

Virtua Memorial Conference Center

175 Madison Avenue
Mt. Holly, NJ 08060

Virtua Plaza at Voorhees

2225 Evesham Road, Suite 103
Voorhees, NJ 08043

For more information call 1-888-VIRTUA-3 (1-888-847-8823) or visit us online at
<http://www.virtua.org/locations/nutrition-and-diabetes-care.aspx>

