

Program Results:

Results are cumulative for the indicated year and are obtained from participants enrolled in the Diabetes Education program at Prairie Ridge Health over a 12 month period

Evidence for Improved A1C

82% had an A1c decrease

1.3% average decrease in A1c for all patients

1.9% average decrease of A1c in patients with initial A1c >8

3.4% average decrease of A1c in patients with initial A1c >10

Program Weight Loss

2017 Results

534.9 lbs total pounds lost

5.5 lbs average pounds lost

1.7% average percent weight loss

2018 Results

629.3 lbs total pounds lost

5.5 lbs average pounds lost

2.5% average percent weight loss

2019 Results

856.6 lbs total pounds lost

8.9 lbs average pounds lost

4.7% average percent weight loss

Prairie Ridge

HEALTH

Inspired by you

Hospital

1515 Park Ave • Columbus, WI 53925
800.549.7511 | 920.623.2200

Clinic

Beaver Dam

118 W Maple Ave • Beaver Dam, WI 53916
920.356.1000

Columbus

1511 Park Ave • Columbus, WI 53925
920.623.1200

Marshall

301 W Main St • Marshall, WI 53559
608.655.8181

www.PrairieRidge.Health

ATTENTION! If you speak English, language assistance services, free of charge, are available to you. Call 3395.

ATENCIÓN! si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 3395.

LUS CEEV! Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 3395.

Diabetes Care and Education



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

Awareness

Prairie Ridge

HEALTH

Inspired by you

A Proven Way To Take Control

Diabetes Self-Management Education and Support (DSMES) is a one-on-one visit with a Registered Nurse and/or Registered Dietitian Nutritionist. DSMES is a benefit offered by both commercial insurance and Medicare and has many PROVEN benefits, including:

- Improved hemoglobin A1C levels
- Improved control of blood pressure and cholesterol
- Healthier lifestyle behaviors
- Increased physical activity
- Healthier eating patterns
- Fewer or less severe diabetes-related complications
- Decreased health care costs
- Improved self-care
- More access with current diabetes technology
- Medication treatment options
- and more!

The Program

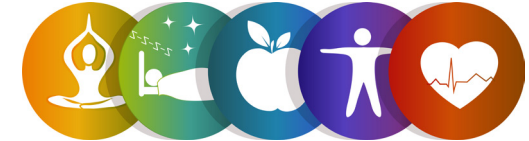
Our Diabetes Educator will work with you and your family to help create a customized diabetes self-management plan that meets your individual needs. You will attend Diabetes Self-Management Education and Medical Nutrition Therapy sessions where you will receive the latest information on:

- Developing a personal self-management plan
- Continuous glucose monitoring
- Insulin pump management
- Facts about diabetes and its effect on your body
- How and when to monitor blood sugar at home
- Diabetes medications
- Nutrition and physical activity
- Preventing long-term complications
- Setting personal health goals



The Team

We'd like to encourage you to bring family members and loved ones to participate in our program with you. Family involvement increases success in following your self-management plan.



Referral

If you are interested in outpatient diabetes education, a referral from your primary care provider is required. Please contact them to request a referral.

www.PrairieRidge.Health/services/diabetes-education

We currently offer this program at the following Prairie Ridge Health locations:

- Hospital - Columbus WI
- Clinic - Beaver Dam

Call (920) 623-1545 for more information.

Did you know?

- Medicare has now added benefits for the use of an insulin pump and continuous glucose monitors.

- You are eligible for up to 13 hours per year of education under Medicare for Diabetes and Nutrition within the first year of benefits and up to 4 hours of education per year for ongoing support!
- We hold a free diabetes and wellness group monthly. For more information, please visit

www.prairieridge.health/health-wellness/support-groups

Better outcomes are associated with the amount of time spent with a diabetes educator. Our goal is to help you be more engaged and informed as a patient of your own health care treatment plan and options for managing your diabetes.

Connected

TO YOU AND THE COMMUNITIES WE SERVE