

# Diabetes education

We offer an educational program that utilizes in-person and online tools recognized by the American Diabetes Association for their ability to improve patient outcomes. Central to these tools are the *Conversation Map*® educational sessions. Their unique, interactive format actively engages participants so they better internalize health information. The small group sessions run 2-3 hours and cover topics like medications, blood glucose monitoring, and healthy eating.



## Managing diabetes and medications

This session examines how diabetes affects the body. It covers common symptoms for high and low glucose levels, details strategies for managing blood glucose levels through healthier eating and exercise and reviews various medications available.



## Monitoring your diabetes

This session discusses the key metrics of diabetes (glucose, blood pressure and cholesterol) and why they are important. Patients learn how and when to test their blood and interpret the results. The session also covers the best ways to track their numbers and how to create a plan of action based on those results.

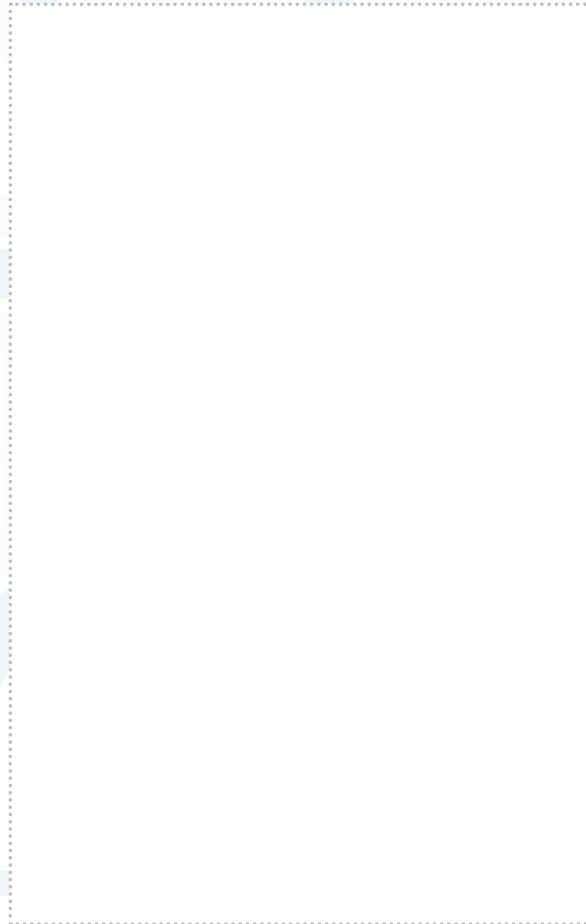


## Benefits of healthy eating

This session will give patients a better understanding of how food impacts their diabetes. It will also explore practical strategies for eating healthy and staying active, how to deal with the challenges they will face and ways to help them set specific goals for achieving a healthy lifestyle.

# Contact information

For more information about the **Diabetes Specialized Care Center** program please contact:



**Helping you help the patient on their journey to better health.**



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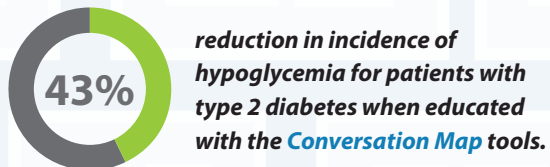
**Diabetes.  
Making the  
journey together.**





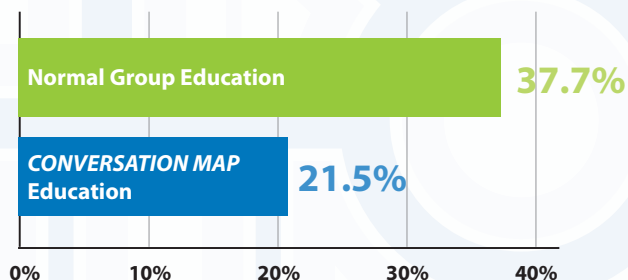
## Positive results

The Henry Ford Health System ran an independent study that showed significant improvement of HbA1c and cholesterol levels among patients who have attended these interactive sessions. Knowledge leads to action, and the *Conversation Map* education tools inspire and empower patients to make healthier lifestyle choices.



### Hypoglycemia

The study showed that type 2 patient groups educated through *Conversation Map* tools had a lower incidence of hypoglycemia than those who attended other group education programs.



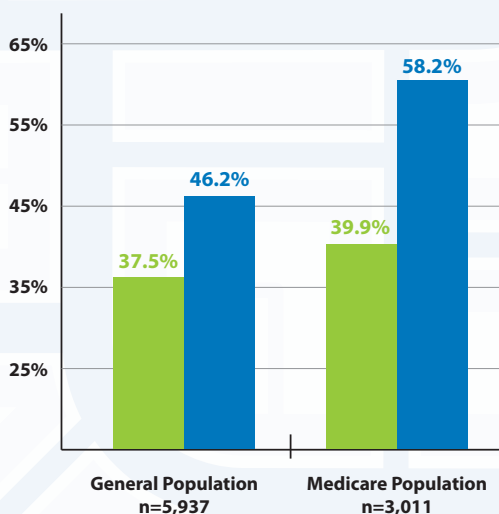
## Change begins with knowledge.

We know you're committed to the health of your patients, but we also know your time and resources are limited. As a **Diabetes Specialized Care Center**, our pharmacists are experts in diabetes care management and trained to help people with diabetes become more knowledgeable and engaged in navigating their disease.

### HbA1c - LDL

The study showed a significant increase in the percentage of patients with improved glucose and cholesterol levels after attending the *Conversation Map* sessions.

#### % Patients with HbA1c < 7



#### % LDL < 100

