The Stanford Health Care Diabetes Care Program has been recognized by the American Diabetes Association for Quality Self-Management Education and Support. We are an interdisciplinary team of health care providers who will help you attain your health goals and optimize the control you have over your diabetes. We embrace the latest technology in managing your diabetes, offering you mobile apps, medication programs, continuous glucose monitors and insulin pumps, as well as online video education.

2020 Diabetes Education Online Classes

*Pre-Diabetes: Take Control.* Pre-diabetes is a condition in which blood glucose levels are higher than normal, but not yet high enough to be diagnosed as diabetes. Individuals with pre-diabetes are at risk of developing true diabetes. Taught by a dietitian, this course will help you develop personalized strategies for diabetes prevention.

*Core Concepts of Diabetes Management.* Explore strategies that promote well-being and decrease the risk of complications associated with diabetes. This program focuses on the tools and techniques needed for diabetes management. The course is delivered as a two-part series taught by a diabetes educator, a dietitian, and a pharmacist.

*Carbohydrate Counting: The Basics.* Learn how different foods affect your blood glucose levels. Discover how to eat the foods you enjoy while still maintaining your goals. This two-hour program is taught by a registered dietitian who specializes in diabetes education.

Please contact your provider to request a referral for the following:

<table>
<thead>
<tr>
<th>Online Class*</th>
<th>Offered Monthly</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Diabetes: Take Control</td>
<td>4th Tuesday</td>
<td>1:00pm – 3:00pm</td>
</tr>
<tr>
<td></td>
<td>4th Wednesday</td>
<td>2:00pm – 4:00pm</td>
</tr>
<tr>
<td>Diabetes Core Concepts</td>
<td>1st and 2nd Tuesdays</td>
<td>1:00pm – 3:00pm</td>
</tr>
<tr>
<td></td>
<td>1st and 2nd Wednesdays</td>
<td>2:00pm – 4:00pm</td>
</tr>
<tr>
<td>Carbohydrate Counting: The Basics</td>
<td>3rd Tuesday</td>
<td>1:00pm – 3:00pm</td>
</tr>
<tr>
<td></td>
<td>3rd Wednesday</td>
<td>2:00pm – 4:00pm</td>
</tr>
</tbody>
</table>

Diabetes Care Program
Stanford Health Care Emeryville
5800 Hollis Street
Emeryville, CA 94608
tel: 510.806.2100
Stanford Primary Care Santa Clara
2518 Mission College Blvd
Santa Clara, CA 95054
tel: 408.688.9720
Stanford Primary Care Hoover Pavilion
211 Quarry Road
Palo Alto, CA 94304
tel: 650.498.9000
Website
stanfordhealthcare.org/diabetes

Due to the impact of COVID-19, Stanford Health Care has taken extra measures to protect patients and staff.

*We have converted all diabetes education sessions to online video visits.*

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Below are additional services and programs offered to support wellness:

**Spanish Diabetes Program**
We offer classes in Spanish that address the core concepts of diabetes management to help you take charge of your health and learn how to reduce the risk of diabetes-related complications. Available online in webinar format, this two-part series addresses culturally specific foods, and is taught by certified diabetes educators who are Spanish-speaking.

**Diabetes & Technology Webinar series**
Explore the latest in diabetes technology. Learn about new devices and applications that can help streamline your diabetes management. Discover advanced features, learn new tips, and gain skills from experts in the field to help you optimize your outcomes. This webinar is offered quarterly.

**Diabetes Wellness Group Monthly Webinar Series**
This webinar is offered every month to address common aspects of living with diabetes. The meetings include an opportunity to share tips and discuss the challenges of diabetes management. Meetings also cover information about advancements in diabetes care.

**Individualized Education Sessions**
We offer individualized self-management training. Our team of dietitians, nurses, diabetes educators, and pharmacists specialize in glucose monitoring, meal planning, and medication education for insulin, insulin pumps, and CGMs. Individualized education sessions and trainings are provided via provider referral. Sessions are available at select Stanford Health Care Primary Care locations.

**Nutrition Class for Weight Management**
If you are overweight and have diabetes or are at risk for developing it, following an active lifestyle and reaching a healthy weight are two of the best things you can do for your wellbeing. Learn how to implement healthy habits to achieve and sustain a healthy weight. This 6-part class series is led by a registered dietitian (RD) and focuses on behavior to sustain and achieve your goals. Registration is required. Please ask your provider about this program.

**Please contact your provider to request a referral for the following:**

<table>
<thead>
<tr>
<th>Online Class</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spanish Diabetes Program</td>
<td>1st &amp; 2nd Thursdays</td>
<td>3:00pm – 5:00pm</td>
<td>Online Registration</td>
</tr>
<tr>
<td></td>
<td>Jan, April, July, October</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diabetes and Technology Workshop</td>
<td>July 23rd</td>
<td>5:00pm – 6:30pm</td>
<td>Zoom Registration</td>
</tr>
<tr>
<td>Webinar</td>
<td>November 19th</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diabetes Wellness Webinar</td>
<td>2nd Thursday of every month</td>
<td>5:00pm – 6:00pm</td>
<td>Zoom Registration</td>
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</table>