About Diabetes Self-Management Education

Diabetes is a very complex disease requiring you to make healthy lifestyle choices every day. Those choices include foods you eat, how physically active you are, checking your blood sugar and taking medications your doctor has prescribed. Through successful self-management of diabetes, you can feel better and lessen your risk of diabetes complications.

It is common to feel distressed, overwhelmed and to have fears when first diagnosed with diabetes. But it’s important to know that fears of lifestyle changes and life-threatening complications can be overcome.

Inspira’s diabetes classes can help you better manage your own diabetes, whether you are newly diagnosed or have had diabetes for a long period of time. We offer a variety of programs which have been shown to lower blood glucose, cholesterol levels and blood pressure. Our program can also help people to lose or gain weight. By partnering with one of our experienced instructors, Inspira will help you learn how to take the best possible care of yourself and to find your diabetes health.

Inspira offers Diabetes Self-Management Education at:
Inspira Medical Center Elmer
Inspira Medical Center Vineland
Inspira Medical Center Woodbury

For information on current class schedules or to schedule an appointment, please call:
(856) 641-7535 for classes in Elmer or Vineland
(856) 853-2141 for classes in Woodbury
Recognized by the ADA
The Diabetes Self-Management Education program at Inspira Health Network has been recognized by the American Diabetes Association (ADA) for Quality Self-Management Education.* Our program is in accordance with national standards for providing quality education to people with diabetes and we follow stringent guidelines to be sure that you get the information that you need.

Find Your Diabetes Health
Inspira offers Diabetes Self-Management Education classes at its medical centers in Elmer, Vineland and Woodbury. During the sessions, you will:
• Team up with other Diabetes Self-Management participants
• Learn how to balance your eating, activity and lifestyle
• Make a plan for sick days, develop coping strategies and solve problems
• Learn how to prevent, recognize and treat high and low blood sugar
• Improve your confidence to manage your diabetes

Participants attend group or individual classes depending on the type of class desired, insurance guidelines, and the individual’s needs. A physician’s/health insurance referral is required. Diabetes Self-Management Education is a billable service that will be applied to your insurance. If you do not have insurance, please ask to speak with a program instructor. No one will be denied due to insurance status.

Creating a Plan for You
Through Inspira’s program, you will receive support and education from our experienced registered nurses and registered dietitians who specialize in the care and education of people with diabetes. In addition, we offer support from exercise specialists, pharmacists and behavioral health specialists, if needed. Several of Inspira’s instructors have earned the Certified Diabetes Educator (CDE) credential, which requires considerable experience and successful completion of a rigorous national examination.

Our staff members are compassionate and understand that diabetes is a very personal disease. They will work with you to create a self-management plan that meets your specific needs. Inspira’s instructors recognize successful management of diabetes is a team effort. Your family is encouraged to join you in learning how to make healthy choices in foods and activity.

So whether you have been newly diagnosed with diabetes, or you have been living with the disease for many years, our caring professionals are here to help you!

Elements of Successful Self-Management Behaviors
During class sessions, instructors will help you with seven key behaviors that promote blood glucose control:
• Eating healthy
• Being active
• Monitoring blood glucose
• Understanding medications
• Solving problems
• Reducing risks of complications
• Coping

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