

Will my insurance cover the visits?

Yes, diabetes care and management is covered by all insurances. You will need a referral from your health care provider. We recommend you check with your insurance to verify coverage, co-payments and referral requirements.

What if I have Medicare?

Medicare will cover multiple visits with a CDE within the first year of diagnosis, and a limited number of visits annually in subsequent years.

What if I don't have health insurance?

Please call us. We may be able to help and be of service to you.

How do I contact the CVMC Out-patient Education Department?

If you would like an appointment or more information please call (802) 371-4152.

CVMC offers individual counseling with Certified Diabetes Educators Monday through Friday at one of four locations:

ASSOCIATES IN FAMILY HEALTH

82 East View Lane
Suite 3
Barre, VT 05641

CENTRAL VERMONT PRIMARY CARE

246 Granger Road
Suite 2
Barre, VT 05641

MONTPELIER INTEGRATIVE FAMILY HEALTH

156 Main Street
Montpelier, VT 05602

BARRE INTERNAL MEDICINE

225 South Main Street
Barre, VT 05641

CENTRAL VERMONT WOMEN'S HEALTH

130 Fisher Road,
Building A, Suite 1-4
Berlin, VT 05602

WATERBURY MEDICAL ASSOCIATES

130 South Main Street
Waterbury, VT 05676

Call (802) 371-4152 to make an appointment. We will make every effort to schedule your appointment at the most convenient location.



**** The Central Vermont Medical Center Self-Management Education Program is an accredited program by the American Diabetes Association.***

CVMC Outpatient Health Education Diabetes Self-Management Education Program



The Central Vermont Medical Center Diabetes Self-Management Education Program offers training to people with diabetes so they can live healthy lives. Our team approach promotes patient-centered care. We work with primary care providers to help patients take control of this chronic condition.

What is diabetes?

Diabetes is a chronic condition that affects how your body uses the food you eat, your activity, and other lifestyle factors.

If not controlled, diabetes can lead to complications such as blindness, kidney failure, nerve damage, heart disease, and stroke.

Diabetes is a serious illness but it does not have to be something to fear.

In fact, many people find that it presents a wonderful opportunity for health improvement.

We are here to help.

At CVMC, we provide education to help you manage your blood sugar, diet, and fitness routine.

We can tailor a program to your personal diabetes needs.

Our services include:

- One-on-one counseling
- Diabetes group education
- Insulin pump therapy
- Insulin management
- Continuous glucose monitoring

DIABETES RISK FACTORS

AGE

Risk increases with age

OVERWEIGHT

Body Mass Index (BMI) of more than 25

HIGH BLOOD PRESSURE

LOW HDL

"good" cholesterol

FAMILY HISTORY OF DIABETES

ETHNICITY

*African American
American Indian
Asian American
Hispanic/Latin
Pacific Islander heritage*

HISTORY OF GESTATIONAL DIABETES

HAVING A BABY THAT WEIGHED MORE THAN 9 POUNDS

LACK OF PHYSICAL ACTIVITY

POLYCYSTIC OVARY DISEASE

If you've experienced the following symptoms you could have diabetes:

- frequent urination
- unusual thirst
- unusual fatigue
- blurred vision
- recurring skin, gum, yeast, or bladder infections.



Your health is our priority.

The Diabetes Self-Management Education Program is staffed by experienced health-care professionals skilled in treating and managing diabetes.

Our Team includes certified diabetes educators, registered dietitians, and a registered nurse.

Common Questions about our Diabetes Self-Management Education Program:



Connie Lanphear,
RN, CDE



Sylvia Gaboriault,
MS, RD, CDE



Ilene Siegel,
RD, CDE

What is a certified diabetes educator (CDE)?

A CDE is a health professional who specializes in providing care and education to people with diabetes. They focus on individualized plans to help you manage your diabetes.

CDEs include nurses, doctors, dietitians, nurse practitioners, physician assistants, physical therapists, pharmacists, and social workers.

How does this program work?

Our team approach includes visits with a registered dietitian and registered nurse to discuss all aspects of diabetes.

Diabetes Support Groups First Tuesday of each month 7pm / lower lobby conference room / free / open to all

Support groups can be a way for those affected by diabetes to meet and provide support through discussion, presentations and organized activities.

Those with diabetes and their families can:

- share concerns and successes
- share coping strategies
- learn from each other

For more information and to let us know you plan to attend please contact:

Claude Stone, Volunteer Facilitator / 371-4152

FACTS ABOUT DIABETES

- **Diabetes is the 6th leading cause of death in Vermont.**
(Source: VDH)
- **Vermont spends about \$300 million on the cost of diabetes each year.** *(Source: VDH)*
- **24 million Americans have diabetes, and every year, 1.3 million are diagnosed with Type 2 Diabetes.**
(Source: AACE)
- **Approximately 1 in every 11 Vermonters have diabetes.**
(Source: AADE)
- **Approximately 40,000 Vermonters have diabetes, but only 27,000 know they have the disease.**
(Source: VDH)