

The **Take Control** Diabetes self-management Education is covered by Medicare, Medicaid, and most insurance plans. Please contact your insurance provider to verify your coverage.

To participate, you must have a referral from your doctor.

For more information, call the Diabetes Education Nurse, located in Room 425 in Northern Montana Hospital at 406.262.1425. Please check-in at the out-patient admitting desk which is located on the 2nd floor of the Hospital.



West Clinic
20 West 13th Street
Havre, MT 59501
(406) 265-7831

East Clinic
124-13th Street
Havre, MT 59501
(406) 265-5408

Northern Montana Vision Center
124-13th Street
Havre, MT 59501
(406) 262-2020




Diabetes Education



(406) 262-1425

QUALITY
in Community
Healthcare™



American Diabetes Association
Cure • Care • Commitment®

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

Northern Montana Hospital
P.O. Box 1231
Havre, MT 59501
www.nmhcare.org
(406) 265-2211

Northern Montana Health Care Diabetes Self- Management

Education Program an outstanding patient program designed to meet the highest national standards for Diabetes Education.

**Recognized by the
American Diabetes Association®
Cure, Care, Commitment** for Quality self-management education. The Northern Montana Hospital program services people with:

**Type 1, Type 2,
and gestational
diabetes.** Individual sessions are available by appointment. Group sessions are offered regularly and family members are encouraged to attend. Our educational program will help you learn:

- How to monitor blood sugar levels
- Improve nutrition and exercise habits
- Understand more about diabetes medications
- Develop problem-solving skills to help manage high and low blood sugars

- Learn ways to reduce risk of diabetes related complications
- Understand how illness and infection can affect blood glucose
- Improve your confidence in your ability to manage your diabetes.



For a schedule of Classes, events, and other education offerings, please contact the Diabetes Education Office: 406.262.1425 or ask your doctor for a referral.