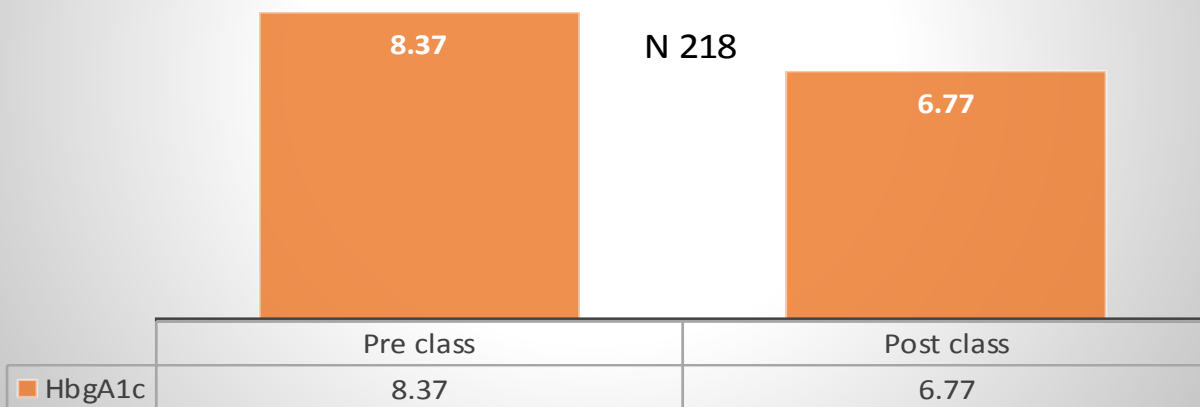


HbgA1c 2018 YTD Pre and Post Diabetes education class values

Average reduction per participant 1.6%



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BEATING DIABETES

In addition to Comprehensive Diabetes Education group and individual sessions, we also offer:

- * Insulin pump training and management
- * Continuous glucose monitoring system (CGMS) insertion and analysis
- * Diabetes management for high risk pregnancies in conjunction with Maternal Fetal Medicine
- * Medical Nutrition therapy (REF027)

Our diabetes class retention rates are 68.4% compared to national averages of around 40%. Data from patients one-year post follow up class shows a continued reduction in A1c of 1.4%! (2015-2016 data; follow up class average A1c of 7.8, N=243)

Diabetes Education is well covered by most insurances. Diabetes Services will call the patient's insurance and check benefits. This information is communicated to patients at the time of scheduling.

From the pre-class visit to the last group class in the series, patients on average experience a 1.6% drop in mean A1c.

According to studies each 1% absolute reduction in mean A1c levels was associated with a 37% decrease in the risk of microvascular complications

These studies also revealed a "legacy effect," which is a sustained benefit with respect to cardiovascular disease outcomes seen long after the conclusion of the trial

Call: 253-403-1726

Visit: multicare.org/diabetes-education