

Meet the Instructors

In this nine-week class our trained and experienced presenters will help you learn what you need to know to successfully manage your diabetes.

DEMETRIA PARSONS

Doctorate of Pharmacy

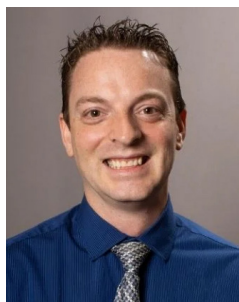
Demetria has experience teaching diabetes management and is an expert in up-to-date medication management of diabetes.



TROY BAILEY

Registered Dietitian and Certified Diabetes Educator

Troy has more than 5 years' experience helping adults and children control their diabetes through improved nutrition and lifestyle management.



"The amount of information that was presented across the entire time frame was exceptional and of extreme importance. I highly recommend this to anyone with diabetes."

~ KEN KLINGENBERG

INSURANCE

Medicare/Medicaid covers the cost of diabetes self-management education both in the first year of diagnosis and annually for continuing support and information.

Most insurance companies have similar coverage. Be sure to check with your insurance provider.

REFERRALS

A referral from your healthcare provider is required for all Medicare/Medicaid participants and preferred for all others.

REGISTRATION

For course times and locations, call Troy Bailey at 307-885-5932 or visit our website at StarValleyHealth.org.

National Certified Diabetes Education



STAR VALLEY
HEALTH

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Certified Diabetes Education Program

A nine-week class offering diabetes education to implement healthier lifestyle practices.

"The diabetes class offered us the tools we needed to manage our diabetes. We enjoyed the group setting so that we could share ideas with others who were going through the same issues that we were facing. We learned from other peoples' experiences and were able to share our experiences to help others."

~ M & J HYDE

Did you know?

According to the CDC about 1,500 Lincoln County residents have diabetes. Each year about 126 people are diagnosed with diabetes.

What does our class provide?

COMPREHENSIVE EDUCATION

Our nationally accredited course covers every topic of diabetes management, including:

- Healthy eating
- Exercise
- Medications
- Glucose monitoring
- Problem solving
- Reducing risks of complications
- Healthy coping

EXPERT KNOWLEDGE

Collaborate weekly with our certified diabetes educator/registered dietitian and pharmacist. These experts have advanced training in diabetes management to help you manage your disease.

WEEKLY FOLLOWUP

This eight week course is designed to help you make lasting lifestyle changes, resulting in:

- Improved blood sugars and A1C
- Decreased risk of complications
- Improved weight management

Is our class right for you?

- ? Are you newly diagnosed with diabetes?
- ? Have you had a recent change to your health? For instance, have you developed kidney or heart disease?
- ? Have you started a new diabetic medication?
- ? Are you new to Star Valley and establishing care with a new provider?

If any of these are true, call us. This course is recommended by the American Diabetes Association. We'll help you stay ahead of your diabetes.

