

DiabetesCare

LEARN. DISCUSS. MANAGE. EMPOWER.

If you or someone you love has been recently diagnosed or are currently living with diabetes, call a Red Cross Pharmacy to learn more about our Empower! DiabetesCare Education. Empower yourself to take control by learning the skills needed to effectively manage your diabetes!

Over the course of four sessions, classes will cover:

- Disease Overview
- Medications
- Reducing Risks
- Blood Glucose Monitoring
- Healthy Eating
- Being Active
- Problem Solving
- Healthy Coping



How does DiabetesCare work?

WHAT

Empower! DiabetesCare Education is group or individual education classes that cover every aspect of living with diabetes.

WHO

Empower! DiabetesCare Education classes are designed for people with Type II diabetes. A licensed pharmacist leads every session.

WHY

These classes not only include educational information about diabetes, we also discuss the many factors of living with diabetes, from medications and lifestyle changes to handling the emotional struggles that can accompany diabetes.

Understanding your diabetes medications, treatments and devices will lead to more successful management of your condition. Empower yourself today!

Each session is two and half-hours long. Updates will be sent to your physician after each class. You will have many opportunities to review blood glucose testing and insulin injection at each session.

Empower! Diabetes Education is covered by Medicare Part B. Red Cross Pharmacy can also bill Medicare Part B for supplies such as diabetic shoes, testing supplies and breathing treatments. Ask a pharmacist for more details.

Additional CareCard Benefits:

- EliteCare
- RxCare
- WellCare
- WebCare
- ImmuneCare
- CardioCare
- KidCare
- HMECare
- CustomCare
- MTMCare



Learn more about these benefits and more at www.redcrosspharmacy.com

