

Staying Healthy

MANAGING DIABETES

KAISER PERMANENTE • FRESNO SERVICE AREA • HEALTH EDUCATION DEPARTMENT

Classes

Prediabetes and You

During this single-session class you will learn how preventing or delaying the onset of diabetes begins with healthy lifestyle: eating right, exercising more, and knowing the facts. Take charge of your health and learn how to reduce your risk of diabetes and its complications.

Online registration is available for this class at kp.org/appointments

Prediabetes Online

Learn about prediabetes, diabetes, and the health risks of both in this 90-minute evening class. To participate, you will need a computer, internet connection, and a landline or cell phone.

Step 1 – Diabetes Basics

This single-session class will give you an overview of the four key areas of diabetes management: healthy eating, exercise, monitoring your blood sugar level, and proper use of medications. We will show you how to use your blood sugar monitor and help you recognize the signs of high and low sugar levels. **

Online registration is available for this class at kp.org/appointments

Step 2 – Healthy Eating with Diabetes

Feel better and eat better with diabetes. In this single-session class you will learn the basics of what, when and how much to eat. **

Step 3 – Healthy Habits with Diabetes

Every action you take to control diabetes – big or small – is a step in the right direction. In this single-session class, we give you tips on how to establish healthy habits using goal planning and peer support. **

Step 4 – Diabetes Nutrition

In this advanced class, get tips on meal planning, counting carbs and label reading. Learn how to enjoy eating out healthfully while managing your blood sugar.

****Clase esta ofrecida los Sabados por la mañana**

These classes are a covered benefit for Kaiser Permanent members.

Clases en Español

Los Básicos Sobre la Diabetes

Esta sencilla clase le dará un repaso de las cuatro áreas claves del manejo de la diabetes: alimentación saludable, ejercicio, monitoreo de sus niveles de azúcar en la sangre, y uso correcto de los medicamentos.

Coma Bien con Diabetes

Siéntese mejor y coma saludable con diabetes. En esta aprenderá los básicos de que, cuando y cuanto comer para controlar mejor sus niveles de azúcar.

Hábitos Saludables con Diabetes

Cada acción que toma para controlar su diabetes, pequeño o grande-en un paso en la manera propia. En esta clase, le daremos recomendaciones en como establecer hábitos saludables usando un plan de metas y el apoyo de los demás.

Estas clases están disponibles solamente los sábados. Para registrarse llame al número: (559) 898-6030

Resources on kp.org/mydoctor/español

kp.org/diabetes – tools to help you manage diabetes available in Spanish

kp.org/nutrición – resources for eating well in Spanish

kp.org/peso – healthier weight resources in Spanish

Salud en español – Text SALUD al numero 45356

Health Education strives to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease and promoting health.

Sharps Disposal Process

California state law prohibits residents from throwing hypodermic needles, syringes, and other sharps waste into the trash or recycling bins at home. Sharps waste must be transported to a collections center in an approved container.

Containers:

Kaiser Permanente pharmacies sell three types of sharps containers. One type is a mail-back package, which includes a self-addressed, postage-paid box that members can put in the mailbox for pick up when full. The other two types must be taken to a collection center.

Note: Kaiser Permanente DOES NOT serve as a drop-off location for sharps containers.

Drop-off Locations by County/City

FRESNO:

Ray Fisher Pharmacy (no fee) (559) 437-3800

All needles and syringes must be stored in either a sharps container or in properly sealed and labeled plastic containers before being dropped off.

Fresno County HHW Permanent Facility (no fee), (559) 600-4259, American Avenue Disposal Site, 18950 W. American Avenue, Kerman, CA. Saturdays 9:00 a.m. to 1:00 p.m., except holiday weekends. No appointment needed.

CLOVIS: Police Department (no fee), 1233 5th Street, (559) 324-2800

SANGER: Sharps Disposal Kiosks, two locations:

Sanger City Hall (no fee), 1700 7th Street between City Hall and the Police Department

Sanger Community Center (no fee), 730 Recreation Avenue

KINGS: Kings County Environmental Health Services (no fee) (559) 584-1411

MADERA:

Fairmead Landfill (no fee) (559) 673-2225

Allied Waste Services: (no fee) (559) 673-5191

MERCED:

Merced County Household Hazardous Waste Facility (no fee) (209) 381-1086

TULARE: Tulare County RMA Recycle (no fee) (559) 624-7400

Glucose Meter Education

- For help with operating your OneTouch®Verio®IQ meter, view videos online at: <https://kpdoc.org/viq>
- Schedule an appointment with a Clinical Health Educator at no cost, call:
 - (559) 448-4415 (Fresno)
 - (559) 324-5030 (Clovis)
- Enroll in a Diabetes Basics Class
- Call LifeScan at:
 - 1-888-567-3003 (English)
 - 1-888-567-3010 (Spanish)

Resources

kp.org/mydoctor/diabetes
Text DIABETES to 45356

Health Education Centers

Fresno Medical Center
7300 N. Fresno Street
3rd floor Cypress Mall
Fresno, CA 93720
559-448-4415

Clovis Medical Offices
2071 Herndon Avenue
559-324-5030

Selma Medical Offices
2651 Highland Avenue
559-898-6030

Registered Dietitians

Melissa Ortiz, MA, RD, CDE
Judy Meadows, RD, CDE
Ana Pimentel, RD

Organizations

American Diabetes Association
Information, research, and resources about type 1 and type 2 diabetes

1-800-DIABETES
(1-800-342-2383)
www.diabetes.org