

Patient Comments

“[The class gave] Important information in a relaxed atmosphere with questions encouraged and answered clearly.”

“Food portion size examples were eye opening; handouts very helpful; very good information!”

“Lots of info! Small group, excellent answers to personalized questions, great timing in covering subjects. I feel I learned today!”

“Non-threatening, friendly, non-judgmental teaching style. Other individuals with diabetes shared their experiences too.”

“Friendly atmosphere, combined with useful approaches and technical information.”

Diabetes Education at The Polyclinic

Our type 2 diabetes classes are part of The Polyclinic’s diabetes education program, which is nationally accredited by the American Association of Diabetes Educators (AADE). Classes are taught by a certified diabetes educator. Patients who completed diabetes education classes saw a 15% reduction in their A1C and a 10% improvement in their LDL cholesterol.

THE POLYCLINIC

904 7th Avenue | Seattle, WA 98104 | 206.329.1760

www.polyclinic.com

Type 2 Diabetes Classes at The Polyclinic



Whether you have a new type 2 diabetes diagnosis or just need help getting your diabetes under control, we’re here for you.

THE POLYCLINIC

Diabetes Class Series | We highly recommend taking classes in sequential order.

Our classes are taught by certified diabetes educators in a small group environment.

1 Starting Out: Making Sense of My Diabetes - Learn how to manage your diabetes and why it's important to do so. In this class you will learn what happens in the body to cause diabetes, how different diabetes medications work, how to recognize patterns to help prevent blood sugars from going too high or too low, as well as how to treat high or low blood sugars.

2 Healthy Eating: Carb Counting & Meal Planning - This class will provide the essential tools for eating healthy with diabetes, including carbohydrate counting, and label reading, in addition to a discussion of dietary fats and sodium.

Healthy Eating continued...

Each participant will leave with an individualized meal plan for optimal diabetes management.

3 Preventing Problems: Caring for My Diabetes - Diabetes can increase the risk of damage to the eyes, feet, heart, kidneys and nerve function, but there are steps you can take to reduce your risk of developing complications. Attend this class to learn more about how to care for your overall health with diabetes.

Class Schedule

Free parking provided at all classes.

The Polyclinic Madison Center
904 7th Avenue | Seattle, WA 98104
Tuesday: 4 p.m. - 6 p.m.

The Polyclinic Northgate Plaza
9709 3rd Ave NE | Seattle, WA 98115
Wednesday: 11 a.m. - 1 p.m.
Thursday: 4 p.m. - 6 p.m.

Visit:

www.polyclinic.com/DiabetesEducation
for a full class schedule

Class Registration

Our class series includes two individual sessions with a diabetes educator, along with the three class series. Pre-registration is required for all classes. Please call **206.860.2208** to register or find out more about our classes.

Insurance Coverage

Many insurance plans cover the cost of diabetes education. Some health plans give the largest benefit in the first year of diagnosis. You may have up to 10 hours of education covered. Check with your health plan for details.

