

**Additional services provided by  
Jane Phillips Wellness Connection:**

- Cardiac Rehab
- Pulmonary Rehab
- Cancer-Associated Rehab and Exercise
- Diabetes Education Classes
- Personal Training
- Fitness Assessments
- Massage Therapy
- Nutrition Consultations
- Tobacco Free Consults
- Transition Programs from Cardiac Rehab, Pulmonary Rehab, Physical Therapy to Fitness Center
- Fitness Center (Community & Corporate Memberships)
- Community & Worksite Health Promotions, Screenings, and Education Programs

For more information about these programs, please visit the:

**Wellness Connection**

Ninth Floor  
Jane Phillips Medical Center  
3500 S.E. Frank Phillips Blvd.  
Bartlesville, OK 74006  
918/331-1102

**Other Resources:**

**American Diabetes Association**

918/492-3839, 800/342-2383  
[www.diabetes.org](http://www.diabetes.org)



3500 S.E. Frank Phillips Blvd. Bartlesville OK 74006 918/333-7200

Sponsored by St. John Health System  
[www.jpmmc.org](http://www.jpmmc.org)

4/08

# Outpatient Diabetes Education Program



**JANE PHILLIPS  
MEDICAL CENTER**



Remember that **YOU** are the most important player in keeping your **diabetes in check.**  
You bring the **desire;**  
we'll give you the **tools.**

## Putting Together The Pieces

Almost 200,000 Oklahomans have diabetes. Those who do best learn to take an active role in managing their disease. At the Jane Phillips Outpatient Diabetes Education Program we give you the knowledge and skills to integrate diabetes management into your lifestyle.

There is so much to learn when you have diabetes.

The Jane Phillips Medical Center Outpatient Diabetes team will help you make sense of the puzzle, with classes and personal consultation designed to meet your needs.

To sign up for this program, first talk to your doctor about it. He/She can then refer you to our Outpatient Diabetes Education Program based on your specific medical needs.

## The Team Approach

We realize that each person with diabetes is unique. Classes are taught by a registered nurse and a licensed and registered dietitian who use a combination of teaching, counseling, and lifestyle change techniques to help you learn to manage diabetes and enhance your quality of life. Together they work with you to meet your needs and treatment goals.

## Our Program

Our Outpatient Diabetes Education Program offers an educational series and voluntary exercise program designed to give you the tools to take control of your life.

Each program consists of eight hours of classroom education, followed by an hour individual consultation to set up a personalized meal plan and exercise plan tailored for your specific needs.

You will learn about diabetes, meal planning strategies, the role of exercise and medications, how to reduce your risk of complications, how to cope with a chronic condition, how to monitor your blood sugar at home, and where to find resources and supplies.

## Payment

Medicare and most insurance plans cover the Outpatient Diabetes Education Program. Check with your insurance provider about coverage for outpatient diabetes education. Physician referral is required for this program.

## Contact Us

For more information on the program and fees, contact us at 918/331-1143.