

It's safe to get care!



- If you have diabetes, you are one of nearly 34 million Americans with this condition. Most people with diabetes can lead healthy, active lives. You can, too — if you know how.
- Mason Health offers the services listed inside to help you take control of your diabetes.
- The Mason General Hospital Diabetes Wellness Center has been recognized by the American Diabetes Association for Quality Self-Management Education and Support.*



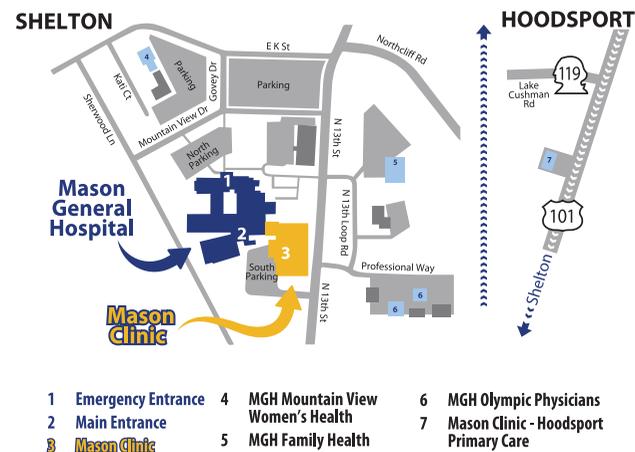
*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.



Mason General Hospital
 901 Mountain View Drive
 PO Box 1668
 Shelton, WA 98584-5001
 Shelton (360) 426-1611
 From Allyn (360) 275-8614
 Toll-free (855) 880-3201
 TTY / TDD (360) 427-9593

Mason Clinic
 1701 N. 13th Street
 PO Box 1668
 Shelton, WA 98584-5001
 (360) 426-2653
 Toll-free (800) 824-8885

Mason Clinic Hoodspport Primary Care
 4261 N US Highway 101
 PO Box 279
 Hoodspport, WA 98548
 (360) 432-7781



Visit us online at:
www.masongeneral.com

www.MasonGeneral.com • 901 Mountain View Drive, Shelton, WA 98584 • (360) 426-1611, from Allyn (360) 275-8614, Toll free (855) 880-3201, TTY/TDD (360) 427-9593. Equal Opportunity Provider - Free Translation Services Provided/Se habla español - Mason Health does not discriminate on the basis of patient's age, race, ethnicity, national origin, gender identity or expression, sexual orientation, religion, culture, physical or mental disability, financial status or condition (including the terminally ill or dying), limited English, visual, hearing or learning impaired.



Diabetes Wellness Center Services



Initial and Ongoing or Small Group Instruction

Individual/small group appointments are scheduled with a:

- Registered Nurse, Certified Diabetes Care and Education Specialist
- Registered Dietitian, Nutritionist
- Interpreter services available

A family member or support person is welcome to come to individual/small group instruction appointments at no extra charge.

A physician referral is required.

Topics:

- Meal planning
- Exercise
- Complications
- Stress Management
- Insulin Pumps
- Continuous glucose monitoring
- Medications
- Blood Sugar monitoring
- Insulin

Diabetes Pregnancy and Gestational Diabetes

Blood sugar and diabetes control are important to the health of both the mother with diabetes and her baby. Gestational diabetes (only during pregnancy) affects up to 9 percent of pregnant women. To help you, we offer:

- Pre-pregnancy counseling
- Gestational diabetes counseling
- Meal planning
- Self-testing of blood sugars

Living Well with Diabetes

Living Well with Diabetes provides up to eight hours of comprehensive self-management education for **newly diagnosed persons** with diabetes.

Topics:

- What is diabetes?
- Proper meal planning
- Diabetes medications
- Exercise/ Activity
- Complications
- Stress management
- Living with diabetes
- Blood sugar testing

A family member or support person is encouraged to attend the **Living Well with Diabetes** class at no extra charge.

A physician referral is required.

Pre-registration is required for **Living Well with Diabetes**. Call (360) 427-7332 to register.

Instructors/Staff

Diabetes education is provided by registered nurses, registered dietitians, and a physical therapist.

Living Well with Diabetes Classes

Classes are scheduled in 2-hour sessions throughout the year based on patient preference and class content required.

Call 360-427-9543 to register or inquire about classes.



Monthly Diabetes Support Group Meetings

Support, encouragement and informal education is provided to anyone in the community. Meetings are held in two locations free of charge. **Classes will resume when state guidelines allow.**

Shelton Diabetes Support Group

Meetings are held at MGH on the third Thursday of every month at 1 p.m. between September and June.

Allyn Diabetes Support Group

Meetings are held in the Port of Allyn building's downstairs meeting room on the fourth Thursday of every month at 1 p.m. between September and June.

Fees/Insurance for Living Well with Diabetes and Individual/Small Groups

Diabetes education is a covered service under most insurance plans. Medicare will pay 80% of the fee after your outpatient deductible has been met. DSHS patients are also accepted. Please check with your private insurance company for your policy's coverage.

Mission

United Community, Empowered People, Exceptional Health

Vision

Provide the best patient-centered care in the Pacific Northwest

Values

Service & Relationships