

What other services does the program offer?

National Diabetes Prevention Program

Educational sessions through the Rediscover Wellness Program are available for people at risk for diabetes.

Insulin Pump Training

CNY Diabetes is an insulin pump training center.

Continuous Glucose Monitoring Services

(provider referral required).

How do I schedule an appointment?

Call 315-624-5620 or email cjacobus@mvhealthsystem.org to register for educational sessions. A provider referral is required. We can assist you with this, if necessary.

Will my insurance pay for diabetes education?

CNY Diabetes is Medicare- and Medicaid-approved and covered by most other insurances. We can assist you with finding out if your insurance will cover the program and what to do if it does not.

Virtual Demonstrations

Virtual exercise and cooking demonstrations are available at mvhealthsystem.org/diabetes.



CNY DIABETES Education Program



CNY DIABETES EDUCATION PROGRAM

Faxton Campus
1676 Sunset Avenue, Utica, NY
315-624-5620

MVHEALTHSYSTEM.ORG/DIABETES



Improve your quality of life by successfully managing your diabetes.

When not properly treated, diabetes can lead to a number of complications including heart disease, kidney failure, blindness, amputations and nerve damage.

Research shows that taking care of diabetes makes a difference. Learning about self-management can help you prevent or delay complications.

CNY Diabetes acknowledges Excellus BlueCross BlueShield for funding provided through the Community and Member Health Improvement Initiative.

What will I learn?

Diabetes can be managed through a program of diet, exercise, blood glucose monitoring and, if needed, medication. The team at Mohawk Valley Health System's (MVHS) Central New York Diabetes Education Program (CNY Diabetes) will teach you how to manage your diabetes and stay healthy. Once you are aware of the techniques involved, a self-management plan becomes part of your normal lifestyle. Enrolling in a diabetes program can help to eliminate misconceptions and fear of the unknown.

Educational topics include:

- Defining diabetes – types 1 and 2
- Weight loss and medication maintenance
- Carbohydrate management
- Starting an exercise program and blood sugar monitoring
- Proper skin and foot care
- Personal health habits and complications
- Work, insurance issues and travel.

Who teaches the educational sessions?

Certified Diabetes Care and Education Specialists (CDCES), Registered Nurses and Registered Dietitians.

Who should attend?

People with diabetes who want to learn how to manage their diabetes and live life to the fullest should attend. A family member or friend is encouraged to attend with you.

When are the educational sessions?

Contact CNY Diabetes 315-624-5620 to learn about in-person and virtual appointments.

Where are the educational sessions?

CNY Diabetes is located on the Fourth Floor of the Faxton Campus at 1676 Sunset Avenue in Utica. Virtual sessions will be held via telephone or computer.



What if I am unable to attend educational sessions?

CNY Diabetes offers virtual opportunities to suit your scheduling needs.

What happens after the educational sessions are complete?

Once you have completed your formal educational sessions, we will schedule a follow-up session about three months after your initial consultation to assess your progress. You can also take advantage of our live or virtual continuous education opportunities.



The American Diabetes Association recognizes this education service as meeting the National Standards for Diabetes Self-Management Education. www.diabetes.org