



Hy-Vee® Certified Diabetes Program

About the Program

Do you have diabetes or are you at risk of developing diabetes? If so, this program is for you! Our mission is to provide patient-centered comprehensive diabetes education. The goal of this program is to provide you with the necessary tools and skills to take control of your diabetes, prevent complications and live easier, healthier and happier.

In either one-on-one sessions or group classes, we'll teach participants what they need to know to manage their diabetes and maintain or improve their quality of life.

Participants enrolled in the program may receive up to 10 hours of education. Upon completion of the program, each participant will select at least one lifestyle goal that will contribute to improved health outcomes. Individuals will continue to be monitored to track progress and ensure diabetes goals have been met. The diabetes education team will assist you in selecting appropriate and attainable goals.

The Hy-Vee Diabetes Education Program is accredited by the American Association of Diabetes Educators.

Contact your local Hy-Vee or AADE pharmacist or dietitian for more information and to sign up for the program.

DEAP
DIABETES EDUCATION
ACCREDITATION PROGRAM

AADE American Association
of Diabetes Educators





Let us help you!

The Hy-Vee Diabetes Education Programs have a registered dietitian and pharmacist who will be your program instructors and coaches. Information covered is based on the American Diabetes Association Standards of Care.

Topics Covered

- Overview of diabetes, diagnosis and screening of diabetes, importance of glucose monitoring and glucose meter training.
- Nutrition related to diabetes, carbohydrate counting, managing high and low blood sugars and guidelines for physical activity with diabetes.
- Relationship between diabetes and long-term complications.
- Sick-day management, travel guidelines, alcohol and diabetes.
- Foot, skin, dental and eye care.
- Individual health and wellness concerns.

Did you know that eating avocados may help lower your blood sugar?

Contact your local Hy-Vee or AADE pharmacist or dietitian for more helpful tips.



Key Areas

Healthy eating, being active, monitoring, taking medication, problem solving, reducing risks and healthy coping.

Nutrition Shopping Tour

A guided tour through the aisles of Hy-Vee with a registered dietitian who points out healthy foods that can be added to a diabetic diet.

Follow-Up Consults

You can schedule follow-up appointments after scheduled education sessions as needed.



Our Goal

The goal of diabetes education is to help people with diabetes practice these behaviors every day. This can be difficult but it does work, by helping lower blood sugar (glucose), blood pressure and cholesterol. Most people with diabetes know self-management is important, but many find it overwhelming. Diabetes education helps by designing a specific plan for each person that includes the tools and support to help make the plan easy to follow.

Finding a Certified Program Near You

Contact your local Hy-Vee dietitian or pharmacist or visit hy-vee.com to locate a program near you.

Insurance Coverage

Diabetes education is a recognized part of diabetes care and is covered by Medicare and by most health insurance plans when provided by a diabetes educator within an accredited/recognized program.