

Dial into Diabetes Program

2022 CLASS SCHEDULE - SPRING AND SUMMER

Banner Medicare Advantage members who have been diagnosed with diabetes are eligible for the Dial into Diabetes program. This diabetes self-management program is available at no cost and includes telephonic education and support from a team of diabetes specialists, including dietitians, nurses, health care navigators, diabetes educators, health partners, and pharmacists.

Dial into Diabetes participants are eligible and encouraged to participate in a five-class series on topics such as nutrition, physical activity, monitoring, medications, coping, and reducing risks. Classes will be available throughout the year both in person as well as online.

In-person classes are for Banner Medicare Advantage members only as seating is limited. Masks will be required.

Virtual classes require you to have an internet connection, a computer, and/or a phone. If you do not have an internet connection on a computer or phone, you can listen to the classes on your phone.

Dial into Diabetes participants will have \$25 added to their current over-the-counter (OTC) card for completing the program.

The classes below are available in English. Please ask about Spanish class availability. Registration is FREE and is required to reserve your seat. After registering, you will receive the Microsoft Teams login information and phone number to attend your class(es). Meeting information will be sent to registrants one to three days prior to the day of the class.

TO REGISTER: Call (602) 230-CARE (2273), TTY 711, 8 a.m. to 4:30 p.m., Monday through Friday.

VIRTUAL CLASSES

Date	Time	Class Name	Location
6/8/22	10 - 11 a.m.	Dial into Diabetes 1: Diabetes 101 & Monitoring is for You	Virtual
6/15/22	10 - 11 a.m.	Dial into Diabetes 2: Nutrition Basics for Diabetes & Understanding Medication Management	Virtual
6/22/22	10 - 11 a.m.	Dial into Diabetes 3: Physical Activity is Medicine & Meal Planning	Virtual
6/29/22	10 - 11 a.m.	Dial into Diabetes 4: Coping, Stress, and Distress of Diabetes & Reducing Long Term Risks	Virtual
7/6/22	10 - 11 a.m.	Dial into Diabetes 5: Problem Solving and Healthy Living with Diabetes	Virtual

IN-PERSON CLASSES

Date	Time	Class Name	Location
4/28/22	10 - 11 a.m.	Dial into Diabetes 1: Diabetes 101 & Monitoring is for You	Banner - University Medical Center Tucson
5/5/22	10 - 11 a.m.	Dial into Diabetes 2: Nutrition Basics for Diabetes & Understanding Medication Management	Banner - University Medical Center Tucson
5/12/22	10 - 11 a.m.	Dial into Diabetes 3: Physical Activity is Medicine & Meal Planning	Banner - University Medical Center Tucson
5/19/22	10 - 11 a.m.	Dial into Diabetes 4: Coping, Stress, and Distress of Diabetes & Reducing Long Term Risks	Banner - University Medical Center Tucson
5/26/22	10 - 11 a.m.	Dial into Diabetes 5: Problem Solving and Healthy Living with Diabetes	Banner - University Medical Center Tucson
5/26/22	10 - 11 a.m.	Dial into Diabetes 1: Diabetes 101 & Monitoring is for You	Banner Baywood Medical Center
6/2/22	10 - 11 a.m.	Dial into Diabetes 2: Nutrition Basics for Diabetes & Understanding Medication Management	Banner Baywood Medical Center
6/9/22	10 - 11 a.m.	Dial into Diabetes 3: Physical Activity is Medicine & Meal Planning	Banner Baywood Medical Center
6/16/22	10 - 11 a.m.	Dial into Diabetes 4: Coping, Stress, and Distress of Diabetes & Reducing Long Term Risks	Banner Baywood Medical Center
6/23/22	10 - 11 a.m.	Dial into Diabetes 5: Problem Solving and Healthy Living with Diabetes	Banner Baywood Medical Center

Banner Medicare Advantage Dual HMO D-SNP: For accommodations of persons with special needs at meetings call (877) 874-3930, TTY 711.

Banner Medicare Advantage Prime HMO: For accommodations of persons with special needs at meetings call (844) 549-1857, TTY 711.

Banner Medicare Advantage Plus PPO: For accommodations of persons with special needs at meetings call (844) 549-1859, TTY 711.

Our hours of operation are 8 a.m. to 8 p.m., seven days a week.

Banner Medicare Advantage Dual HMO D-SNP, Banner Medicare Advantage Prime HMO, and Banner Medicare Advantage Plus PPO have contracts with Medicare. Enrollment depends on contract renewal.