

## Daily Care: Living Your Best Life with Diabetes

An in-person group where you learn about managing different phases of diabetes.

Daily Care is an interactive presentation where our members will learn about nutrition, benefits of being active, solving everyday problems and have open discussions about any diabetes concerns.

### What to expect:

- Working directly with a dietitian.
- Receive valuable handouts that will help manage your diabetes.
- Learn about different eating patterns.
- Compare portion sizes of common meals.
- Discuss solutions for everyday problems.

### Your Dial Into Diabetes team of experts includes:

- Registered Dietitian
- Exercise Physiologists
- Registered Nurses
- Certified Diabetes Care and Education Specialist

### Space is limited for this event, registration is required.

To register for *Daily Care*, call to discuss with your Dial Into Diabetes Dietitian, or call our wellness line at (480) 684-5090.

Dial Into Diabetes is a telephonic diabetes education program for our Banner Medicare Advantage members living with diabetes. This program provides you access to a multidisciplinary team who will guide you into improved health. To register for this free program, please call (480) 684-5090.

### Eligibility:

Banner Medicare Advantage members living with diabetes.

### When:

#### Date:

March 7, 2024:

Spring is Here- Let's Eat Healthy and Be Active

May 2, 2024:

Staying Hydrated and Active for the Summer

July 11, 2024:

Enjoying Summer Fruits Smartly

September 5, 2024:

Balancing Your Meals

November 7, 2024:

Holidays Meals and Staying Active

#### Time:

9 a.m. - English

11 a.m. - Spanish

#### Location:

Banner Plans & Networks

5255 E Williams Circle, Ste 2050

Tucson, AZ 85711

Room number to be provided to registered members prior to the event.

Eligibility for Daily Care events and/or Dial Into Diabetes program are not assured and will be determined by Banner Medicare Advantage after enrollment, based on eligibility criteria.

For accommodations for persons with special needs at meetings, language assistance services or alternate formats, please call our Customer Care Center. We are open from 8 a.m. to 8 p.m., seven days a week.

Para acomodaciones para personas con necesidades especiales en juntas, servicios de asistencia lingüística o formatos alternativos, por favor llame a nuestro Centro de Atención al Cliente. Estamos abiertos de 8 a.m. a 8 p.m., los siete días de la semana.

Banner Medicare Advantage Dual HMO D-SNP: (877) 874-3930, TTY 711

Banner Medicare Advantage Prime HMO: (844) 549-1857, TTY 711

Banner Medicare Advantage Plus PPO: (844) 549-1859, TTY 711