

Dial Into Diabetes Program

2023 CLASS SCHEDULE

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, care team, diabetes educators, health partners, and pharmacists.

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

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
2/15/2023	10 - 11 a.m.	Dial Into Diabetes 1: Diabetes 101 & Monitoring is for You	Virtual
2/22/2023	10 - 11 a.m.	Dial Into Diabetes 2: Nutrition Basics for Diabetes & Understanding Medication Management	Virtual
3/1/2023	10 - 11 a.m.	Dial Into Diabetes 3: Physical Activity is Medicine & Meal Planning	Virtual
3/8/2023	10 - 11 a.m.	Dial Into Diabetes 4: Coping, Stress, and Distress of Diabetes & Reducing Long Term Risks	Virtual
3/15/2023	10 - 11 a.m.	Dial Into Diabetes 5: Problem Solving & Healthy Living with Diabetes	Virtual
3/29/2023	10 - 11 a.m.	Dial Into Diabetes 1: Diabetes 101 & Monitoring is for You	Virtual

4/5/2023	10 - 11 a.m.	Dial Into Diabetes 2: Nutrition Basics for Diabetes & Understanding Medication Management	Virtual
4/12/2023	10 - 11 a.m.	Dial Into Diabetes 3: Physical Activity is Medicine & Meal Planning	Virtual
4/19/2023	10 - 11 a.m.	Dial Into Diabetes 4: Coping, Stress, and Distress of Diabetes & Reducing Long Term Risks	Virtual
4/26/2023	10 - 11 a.m.	Dial Into Diabetes 5: Problem Solving & Healthy Living with Diabetes	Virtual
5/10/2023	10 - 11 a.m.	Dial Into Diabetes 1: Diabetes 101 & Monitoring is for You	Virtual
5/17/2023	10 - 11 a.m.	Dial Into Diabetes 2: Nutrition Basics for Diabetes & Understanding Medication Management	Virtual
5/24/2023	10 - 11 a.m.	Dial Into Diabetes 3: Physical Activity is Medicine & Meal Planning	Virtual
5/31/2023	10 - 11 a.m.	Dial Into Diabetes 4: Coping, Stress, and Distress of Diabetes & Reducing Long Term Risks	Virtual
6/7/2023	10 - 11 a.m.	Dial Into Diabetes 5: Problem Solving & Healthy Living with Diabetes	Virtual
6/21/2023	10 - 11 a.m.	Dial Into Diabetes 1: Diabetes 101 & Monitoring is for You	Virtual
6/28/2023	10 - 11 a.m.	Dial Into Diabetes 2: Nutrition Basics for Diabetes & Understanding Medication Management	Virtual
7/5/2023	10 - 11 a.m.	Dial Into Diabetes 3: Physical Activity is Medicine & Meal Planning	Virtual

7/12/2023	10 - 11 a.m.	Dial Into Diabetes 4: Coping, Stress, and Distress of Diabetes & Reducing Long Term Risks	Virtual
7/19/2023	10 - 11 a.m.	Dial Into Diabetes 5: Problem Solving & Healthy Living with Diabetes	Virtual
8/2/2023	10 - 11 a.m.	Dial Into Diabetes 1: Diabetes 101 & Monitoring is for You	Virtual
8/9/2023	10 - 11 a.m.	Dial Into Diabetes 2: Nutrition Basics for Diabetes & Understanding Medication Management	Virtual
8/16/2023	10 - 11 a.m.	Dial Into Diabetes 3: Physical Activity is Medicine & Meal Planning	Virtual
8/23/2023	10 - 11 a.m.	Dial Into Diabetes 4: Coping, Stress, and Distress of Diabetes & Reducing Long Term Risks	Virtual
8/30/2023	10 - 11 a.m.	Dial Into Diabetes 5: Problem Solving & Healthy Living with Diabetes	Virtual
9/13/2023	10 - 11 a.m.	Dial Into Diabetes 1: Diabetes 101 & Monitoring is for You	Virtual
9/20/2023	10 - 11 a.m.	Dial Into Diabetes 2: Nutrition Basics for Diabetes & Understanding Medication Management	Virtual
9/27/2023	10 - 11 a.m.	Dial Into Diabetes 3: Physical Activity is Medicine & Meal Planning	Virtual
10/4/2023	10 - 11 a.m.	Dial Into Diabetes 4: Coping, Stress, and Distress of Diabetes & Reducing Long Term Risks	Virtual
10/11/2023	10 - 11 a.m.	Dial Into Diabetes 5: Problem Solving & Healthy Living with Diabetes	Virtual

10/25/2023	10 - 11 a.m.	Dial Into Diabetes 1: Diabetes 101 & Monitoring is for You	Virtual
11/1/2023	10 - 11 a.m.	Dial Into Diabetes 2: Nutrition Basics for Diabetes & Understanding Medication Management	Virtual
11/8/2023	10 - 11 a.m.	Dial Into Diabetes 3: Physical Activity is Medicine & Meal Planning	Virtual
11/15/2023	10 - 11 a.m.	Dial Into Diabetes 4: Coping, Stress, and Distress of Diabetes & Reducing Long Term Risks	Virtual
11/22/2023	10 - 11 a.m.	Dial Into Diabetes 5: Problem Solving & Healthy Living with Diabetes	Virtual

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.

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