

Dial Into Diabetes

Learn About Diabetes & Nutrition!

Banner Medicare Advantage invites you to participate in our diabetes education and management program - ***Dial Into Diabetes!***

What we do:

- The Dial Into Diabetes program is a voluntary, no-cost service to help you with managing your health. Our goal is to assist you in feeling good today and lowering your risk for complications in the future!

Your team of experts includes:

- Registered Dietitian Nutritionists
- Exercise Physiologists
- Registered Nurses
- Social Workers
- Care Team, and
- Pharmacists

The education and life skills you will learn from taking part in our program can slow down the advancement of your disease and prevent complications from developing. **We're glad you're here!**

To self-enroll, for class schedule or for more information about the program, please call (480) 684-5090.

Dial Into Diabetes and Healthy Living Virtual Classes:

Register now to take part in any of the FREE classes. These are virtual classes, completed from the comfort of your own home.



Classes are free, but pre-registration is required.



To register, please call: (602) 230-CARE (2273), or visit www.bannerhealth.com/calendar to find a class and register today.

Virtual Dial Into Diabetes Class Series:

The class series includes five different classes that focus on nutrition and meal planning, diabetes medications, checking blood sugars, physical activity, how to prevent complications, and much more!

Your journey to improved health has begun!

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.

Y0152_BMADialIntoDbtsFlyerCY23v2_C