

# Dial Into Diabetes

Learn about diabetes and 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 care team of experts includes:

- Certified Diabetes Educators
- Registered Dietitian Nutritionists
- Registered Nurses
- Exercise Physiologists
- Health Coaches
- Social Workers
- 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, get the class schedule or for more information about the program,** please call (480) 684-5090.

## Virtual Let's Talk About Diabetes Series

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](http://www.BannerHealth.com/calendar) to find a class and register today.

## Virtual Let's Talk About Diabetes Series

The class series includes six different classes that focus on staying healthy, monitoring blood sugar and blood pressure, nutrition, exercise, continuous glucose monitoring and weight loss.

*Your journey to improved health has begun!*

For accommodations for persons with special needs at meetings, language assistance services and alternate formats are available, 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

Y0152\_PHpd42424\_C