



## FHCP DIABETES EDUCATION PROGRAM

Our DSMES program is recognized by the American Diabetes Association (ADA) for quality comprehensive education. This program is taught by FHCP Registered nurses, Registered Dietitian Nutritionists and Certified Diabetes Care and Education Specialists (CDCES). Members with a diagnosis of diabetes may self-refer or be referred to the program by any of their health care providers. The program covers all pertinent topics to empower members to self-manage diabetes and actively participate in their plan of care with their providers.

Professional organizations recommend at least four critical times to engage in DSMES:

- At initial diagnosis
- Yearly, or when not meeting your treatment goals
- When complicating factors develop
- When transitions in life and care occur

Diabetes Self-Management Education and Support (DSMES)

Diabetes Prevention

Heart Smart:  
Prevention and Management

Manage Your Blood Pressure Better

Diabetes Education:  
Long-Term Strategies

Successful Strategies  
for a Healthy Weight

Nutrition Education and Counseling



For more information about these programs including how to utilize services, enroll or opt-out, contact the

### Diabetes/Health Education Department

Phone: **386-676-7133**

Fax: **386-238-3228**

TTY: **1-800-955-8770**

Monday through Friday

8:00 AM – 5:00 PM

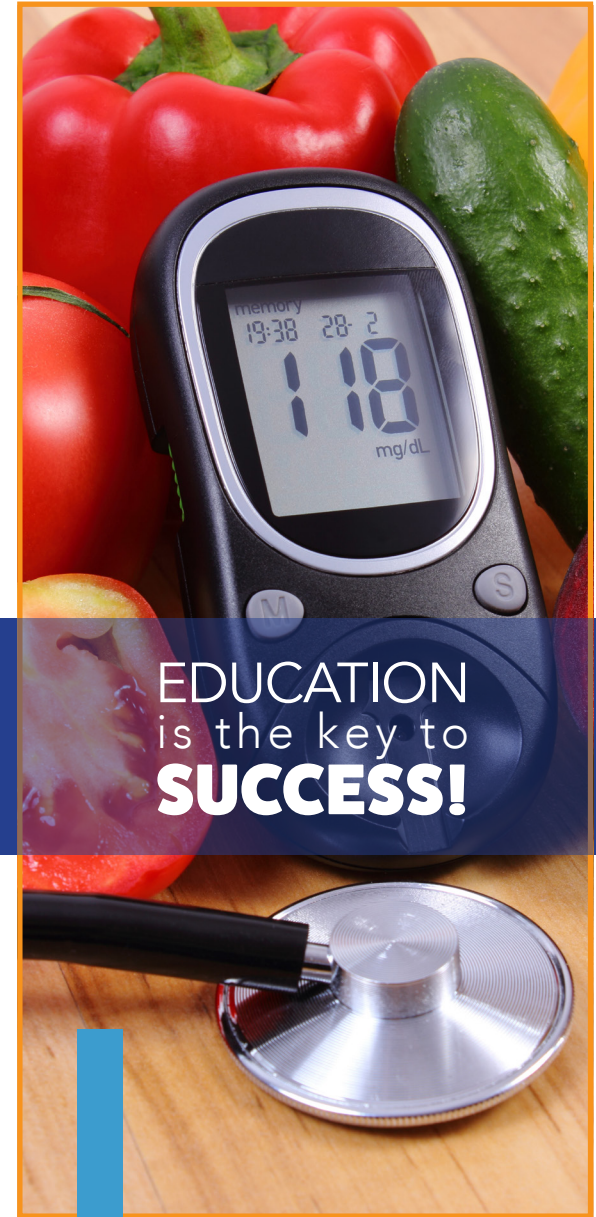
(Evening and virtual appointments are available.)



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EDUCATION  
is the key to  
**SUCCESS!**

Welcome to  
Florida Health Care Plans  
**DIABETES AND HEALTH  
EDUCATION PROGRAM**

## ABOUT US

Florida Health Care Plans (FHCP) offers members several programs and services focusing on prevention, early detection, and management of chronic health conditions.



✓ **ALL PROGRAMS** are taught by FHCP Registered Nurses (RN), Registered Dietitian Nutritionists (RDN), and Certified Diabetes Care and Education Specialists (CDCES).

✓ **ALL PROGRAMS, CLASSES, AND APPOINTMENTS** are **FREE** to Members.

✓ **NO PROGRAM LIMITS** and flexible options to accommodate members' needs.

✓ **INDIVIDUAL APPOINTMENTS** with RDN or RN Diabetes Specialists are available.

✓ **VIRTUAL APPOINTMENTS** are available.

✓ **CLASS SIZES** may vary.

## FHCP DIABETES AND HEALTH EDUCATION PROGRAMS

### Diabetes Self-Management Education and Support (DSMES)

- Recognized by the American Diabetes Association
- Led by RN, RDN, and CDCES professionals
- Covers all pertinent diabetes topics
- Empowers members to actively participate in their plan of care

### Diabetes Prevention

- Behavior change to reduce risk of type 2 diabetes
- Encourages healthier eating habits
- Ways to increase physical activity
- Strategies to implement

### Successful Strategies for a Healthy Weight

- Weight management and diabetes prevention series for adults
- Promotes lifestyle change to improve health
- Regular goal setting and accountability

### Heart Smart: Prevention and Management

- Nutrition and lifestyle recommendations
- Improve cholesterol, triglycerides, and blood pressure
- Manage and prevent heart disease

### Manage Your Blood Pressure Better

- Facilitated by RDN
- Healthy eating approaches
- Physical activity recommendations
- Lifestyle change for long-term management

### Diabetes Education: Long-Term Strategies

- Promotes ongoing support and education
- Facilitated by RDN
- Designed to help members maintain focus on habits

### Nutrition Education and Counseling

- Individual nutrition education and counseling
- Various chronic conditions and nutrition concerns
- Ongoing support and accountability to reach health goals

