

# DIABETES & NUTRITION EDUCATION

**fitFHCP**

Healthy Starts Here®

FHCP offers a variety of free **Diabetes & Nutrition Education** programs to our members focusing on **Prevention, Early Detection and Management**. Flexible class options are designed to accommodate working adults.



## LET THE FHCP EXPERTS HELP YOUR EMPLOYEES

Our team of Certified Diabetes Educators (CDE), Nurses (RN/LPN) and Registered Dietitians (RD) are dedicated to serving and educating our members. By listening to our members' needs, these professionals help empower individuals with tools, skills and techniques necessary to follow a prescribed diabetes treatment plan.

### DIABETES PREVENTION PROGRAM

This free, two-hour class is designed to help members identify risk factors for developing diabetes. It includes strategies and tools to understand the relationship between nutrition, exercise, and lifestyle to overcome barriers to prevent Diabetes.

### DIABETES EDUCATION PROGRAM

Self-management education is the key to motivating our members living with diabetes. Teaching members to make decisions to better manage their condition, prevent complications and to take control of their health.

Recognized by the American Diabetes Association and taught by Certified Diabetes Educators, this free 10-hour diabetes education program covers an extensive curriculum.

- Overview of diabetes
- Controlling possible complications
- Signs and symptoms
- Lifestyle changes
- Updated monitoring guidelines
- 1:1 Medical nutrition counseling sessions with a Registered Dietitian



386-676-7110

WELLNESS@FHCP.COM

The American Diabetes Association estimates that in 2017, diagnosed diabetes cost Americans

**\$327 BILLION**

[www.diabetes.org](http://www.diabetes.org)

### ON-SITE WELLNES WORKSHOPS INCLUDE:

- "A Touch of Sugar" (Diabetes)
- "What Should I Eat?" (Pre-Diabetes)
- "Reading Between the Lines" (Food Labels)
- "How to Pack a Healthy Lunch"
- Food Trends
- "Fats: The Good the Bad and the Ugly"
- Holiday Eating
- "Healthy Plate: It's for You"
- "How Big is Your Plate?"

### TESTIMONIAL

*"I THINK THE CLASS WAS THE BEST THING I COULD HAVE DONE. MY BLOOD SUGARS ARE CONTROLLED BY DIET AND EXERCISE. I TAKE NO PILLS." K. G. 6/4/18*



**Florida Health Care Plans**



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