

# COMPREHENSIVE TELEDIABETES CARE TEAM:



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## Mission Statement

**Connecting to Care** exists to promote the health and well-being of individuals through comprehensive health care planning, integrated health care delivery systems, innovative use of health technologies, education, charitable programs and services.

## Funding

This program has been made possible through the generous support of the Vesper Society.

*a non-profit (501c3)  
TeleHealth organization that uses  
innovative technology to help  
people connect to care*

*building health care  
capacity within  
communities serving  
rural California*



Connecting to Care

## COMPREHENSIVE TELEDIABETES EDUCATION PROGRAM



## NOW ACCEPTING NEW REFERRALS

Are you pre-diabetic? Have you recently been diagnosed with Type 1 or 2 diabetes? Have you lived with diabetes most of your life?

Diabetes can affect several different aspects of your daily life. The Comprehensive TeleDiabetes Education Program will guide you through preventing diabetes short and long term complications, healthy eating, physical activity, medications, tracking blood sugar levels and preventing high and low blood sugar levels.

**Know that you are not alone in managing your diabetes.**

There is no stigma and you will be connected by video to a specialty provider outside your community without having to travel.

## COMPREHENSIVE TELEDIABETES EDUCATION PROGRAM

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TeleHealth eliminates the need for expensive and time-consuming travel away from a patient's local community.

TeleHealth services were started due to the limited local resources in rural communities. After the primary care provider makes a referral the patient will connect from their local clinic to a distant location using the technology of secure, HIPPA compliant broadband and high definition video equipment.

If you have diabetes you are not alone. Millions of people today have Diabetes. Diabetes can't be cured but it can be managed. Knowledge and Support are key factors. The more you know about diabetes, the better you will be able to manage it. Good diabetes care takes a team and you are the most important member. Your local doctor, dietician, pharmacist and others will work closely with our Certified Diabetes Educator and Registered Nurse. ALL of your team members have the same goal; to help you manage your diabetes.

### What is the cost?

The Comprehensive TeleDiabetes Education Program is FREE and currently offered to you through the generous support from the Vesper Society in collaboration with Connecting to Care (CtoC).

### Who is Connecting to Care?

**Connecting to Care (CtoC)** is a non-profit TeleHealth organization whose purpose is to provide health services to underserved populations using innovative technology.

## HOW TO ACCESS COMPREHENSIVE TELEDIABETES SERVICES

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Let your primary care provider know you are interested in receiving services.

Referrals for TeleDiabetes services must come from your primary care provider.

Once **CtoC** has received your completed referral packet, the Registered Nurse will process the necessary paperwork then you will be contacted by the clinic for your first class session. The Program includes a total of four classes that consist of (1) comprehensive diabetes information, (2) medications, (3) diet and nutrition, and (4) a collaborative review of all aspects of diabetes.

Easy to understand education materials will be provided at the start of each group telehealth session and your primary care physician will be notified of your participation and completion of the four class program.



Our first Comprehensive TeleDiabetes Education Program graduating class!

## WHAT ARE THE BENEFITS OF TELEHEALTH FOR DIABETES MANAGEMENT?

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Telehealth is an easy way to see a Certified Diabetes Educator

- ◆ Patients do not have to travel long distances and will receive diabetes group education services at the same clinic where they see their primary care provider with the use of special cameras and equipment.
- ◆ Patients receive greater continuity of care with their diabetes because the primary care provider stays involved.
- ◆ Education reduces hospital admissions and possible complications of diabetes.
- ◆ Among the group education topics available to you will be: General Diabetes Overview, Nutrition, Diet, Physical Activity and Medications.
- ◆ Meets American Diabetic Association goals, guidelines and care recommendations.