



# GHC-SCW Offers Many Resources to Help Manage Diabetes:

## Clinical Pharmacy:

- Clinical pharmacists are available as a resource to patients in person, virtually or over the phone. They can answer questions about medications, home monitoring and how various lifestyle changes impact diabetes.
- Diabetes Focused Visits are an option for patients to meet with a clinical pharmacist one-on-one to ask questions about diabetes and medications, and to create a personalized care plan.

## Diabetes Care Specialists:

- Diabetes care specialists work closely with patients to promote self-management to achieve individualized behavioral and treatment goals that reduce risks and optimize health outcomes. This also includes individualized medication management.
- The advanced practice diabetes specialist provides medical management and self-management support for patients with more complex diabetes care needs.
- Appointments with diabetes care specialists are offered in-person and virtually.

## Registered Dietitians:

- Registered dietitians are providers that specialize in nutrition.
- Registered dietitians work with patients to help patients maintain a healthy relationship with food, while using nutrition strategies to meet their health-related goals.

## Virtual Diabetes Boot Camp:

- Learn helpful strategies and talk to others who have diabetes – all from the comfort of home! Topics are taught by GHC-SCW care providers and include risks associated with diabetes, medications, physical activity, nutrition, healthy coping and monitoring.

## YMCA Diabetes Prevention Program:

- GHC-SCW partners with the YMCA to offer the Diabetes Prevention Program (DPP). Eligible participants attend 26 classes throughout the year. This evidence-based program is designed to reduce the risk of developing Type 2 diabetes.

Patients are encouraged to discuss these options with their Primary Care Provider.  
Additional costs may apply for these services.  
For more information, visit our website.

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 **Group Health  
Cooperative**

of South Central Wisconsin

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