



**Florida  
Health Care  
Plans**



An Independent Licensee of the Blue Cross and Blue Shield Association

## **Good News from the Diabetes Education Department**

### ***“Nutrition Game Plan for Diabetes”***

#### **What is it?**

***“Nutrition Game Plan for Diabetes”*** is a two hour refresher course for members with diabetes who have completed a Diabetes Self-Management program.

#### **Why should I attend this program?**

This course is designed to support the diet and nutrition information you received at the Diabetes Self-Management program. Here you will have the chance to ask questions about your diet, healthy eating and how food affects your blood sugars. You will be able to identify problems and possible solutions to help improve your diabetes control.

#### **When and where will this be held?**

This will be offered each month at various Florida Health Care Plans/ Preferred Medical Center locations. Call the number below for days, times and available locations when you register.

#### **How do I sign up?**

Call 386-676-7133 or 1-877-229-4518, Monday through Friday, 8 a.m. to 4:00 p.m. The hearing impaired may call TTY 386-615-4045 for more information or to schedule your ***“Nutrition Game Plan for Diabetes.”***