

Diabetes Resources

Scan the QR code or visit kp.org/classes/ga to see live class schedules and on-demand videos.



Program	Description	Next Steps
No Referral Required. • Free to Kaiser Permanente members.		
Diabetes: The Basics	Introductory class. Topics include: <ul style="list-style-type: none"> • What is diabetes? • Blood sugar goals 	kp.org/classes/ga or 404-365-0966
Diabetes: What Can I Eat?	Attendance at "Diabetes: The Basics" is required before registering for this class. The second diabetes class. Topics include: <ul style="list-style-type: none"> • Carbohydrate counting • Meal planning • Basic label reading 	kp.org/classes/ga or 404-365-0966
Diabetes: Managing Health Risks	Attendance at "Diabetes: The Basics" is required before registering for this class. The third diabetes class. Topics include: <ul style="list-style-type: none"> • Managing low and high blood sugars • Complications (heart, feet, eyes, kidneys) 	kp.org/classes/ga or 404-365-0966
Diabetes: Beyond the Basics	Attendance at "Diabetes: The Basics" is required before registering for this class. The fourth diabetes class. Topics include: <ul style="list-style-type: none"> • Diabetes medications • Advanced label reading • Depression/stress • Weight management 	kp.org/classes/ga or 404-365-0966
Healthy Balance Program	A year-long program that will help you to lose weight and then maintain it, providing increased support, accountability and encouragement as you work to manage your weight.	404-365-0966
Other Healthy Living Classes	Additional class offerings can be found online. Examples of other classes available include: <ul style="list-style-type: none"> • Art of Cooking Healthy • Fitness Classes • Quit Smoking • Tai Chi • Yoga • Other Chronic Conditions 	kp.org/classes/ga or 404-365-0966
Wellness Coaching by Phone	Schedule telephone appointments with a Health Educator! Whether you're trying to get more active, eat better, manage your weight, quit tobacco, or handle stress, your personal coach can help you create and stick with a plan for reaching your goals.	1-866-862-4295
Other Online Resources	Nutrition tips and recipes: kp.org/nutrition . Diabetes info and videos: kp.org/diabetes .	kp.org
Requires eligibility or referral. • Free to Kaiser Permanente members, unless otherwise noted.		
Diabetes Care Team	Individualized support from a registered nurse or clinical pharmacist to help with the management of uncontrolled diabetes.	You will be contacted if you meet the criteria.
Diabetes Activate	A texting program where you can receive your A1c lab results and tips to maintain or improve your sugar control.	You will receive a text message if you meet the criteria.
Remote Glucose Monitoring	Your glucometer sends blood sugar readings directly to your medical record. This allows your care team to monitor your blood sugar without extra trips to the doctor.	Your care team will discuss with you if you meet the criteria.
Emmi Programs	Online education programs to provide education about diabetes. They are self-paced with easy-to-understand language and graphics.	Your doctor may provide you with more information.
Nutrition Consultation	Individual appointment with a registered dietitian.	Ask your doctor if a referral is appropriate. Co-pay required for in-person visits.