CLASS LOCATION AND CONTACT INFORMATION

Big Island
Family Health Center, Kailua-Kona
Jennifer McDaniel, 938-8889
Long's Drug Stores – Prince Kuhio, 1 (866) 436-0195
North Hawaii Community Hospital,* 885-4444

Kauai
Kauai Medical Clinic, 246-1380
Long’s Drug Store – Lihue, 1 (866) 436-0195
Shoreview Pharmacy, 822-1447

Maui
Maui Clinic Pharmacy, Katie Ancheta 877-2109
Maui Medical Clinic,* 243-2372

Oahu
Castle Medical Center, 263-5400
City Pharmacy, 945-7875
Kapiolani Medical Center at Pali Momi, 535-7000
Kokua-Kalihi Valley Clinic, 791-9424
Long’s Drug Stores, 988-2439
(for locations listed below)
Kahala Mall Shopping Center
Kamehameha Shopping Center
Kapolei Shopping Center
Mililani Market Place
Moliiili
Pearlridge Center
Wahiawa
Waianae
Windward City Shopping Center
Straub Clinic and Hospital,* 522-4325
Times Pharmacy, 831-5882
The Queen’s Medical Center,* 547-4823

*Diabetes education services are covered benefits for HMSA’s 65C Plus members at these locations.

Take advantage of HMSA’s Care Connection and health education programs, including Health Odyssey and Stress Master, to help you manage and improve your chronic condition.

For more information, please call 1 (800) 499-5036.

www.HMSA.com
**CLASS DESCRIPIONS**

These special classes offer important information to help you improve your knowledge of diabetes and take better care of yourself.

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**DIABETES AND MEDICATION OVERVIEW**
- Definitions, types and symptoms
- Insulin and medication: How they work, side effects
- Importance of self-monitoring blood glucose; American Diabetes Association (ADA) goals
- Hypoglycemia and hyperglycemia: Definitions, causes, symptoms and treatment

**SELF-MONITORING OF BLOOD GLUCOSE (SMBG)**
- Importance of SMBG
- Procedure, frequency, timing of tests
- Blood sugar goals (ADA standards)
- Recording and using results
- Food and how it affects blood glucose

**ADVANCED NUTRITION**
- Nutrition guidelines and dietary goals
- Dietetic foods and other foods with special claims, including sugar and fat substitutes
- Calculating exchange values
- Meal planning and behavior modification
- Dining out and special occasions

**COMPLICATIONS AND SELF-MANAGEMENT**
- Long-term monitoring and self-management (HbA1c)
- Preventing and detecting acute complications
- Preventing long-term complications: Neuropathies, renal failure, cardiovascular complications, and retinopathy
- Sick-day planning

**GOAL SETTING, PROBLEM SOLVING AND COPING WITH DIABETES**
- Using goal setting to manage your diabetes better
- How to select meals at parties, restaurants and unforeseen events
- Understanding the emotional impact of living with diabetes

**SPECIAL SERVICES**
- Insulin training: Care and storage of insulin, dosage, injection site selection and rotation, safe disposal (Hawaii administrative rules), insulin record, hypoglycemic reactions, and follow-up
- Medication review
- Individualized services for special circumstances (e.g., mentally challenged without caregiver with whom to attend classes or on behalf of patient, deaf person without ability to read lips or have someone sign for them during class)