

# HOW TO MAKE AN APPOINTMENT:

- Ask your primary care provider to fax a written prescription for “complete diabetes education” to **757-312-6271**.
- If you have a prescription in hand, call Central Scheduling at **757-312-6137** to schedule appointments and classes.

Questions?

Call **757-312-6132** and ask to speak to a diabetes educator.

Our educators are Registered Nurses and Registered Dietitians who are experts in diabetes and other related conditions. They will provide you with education and support to help manage your diabetes to prevent complications. Together, you will work to identify goals and devise a plan to reach them.



\*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.



**CHESAPEAKE REGIONAL  
HEALTHCARE**

**LIFESTYLE & WELLNESS**

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