

The *Southcoast Cares About My Diabetes Program* is here to help!



A new program to support you with education and resources in support of treatment and prevention for people who have type 2 diabetes or are at risk for developing it.

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Southcoast Cares About My Diabetes



This new program is designed to help in several ways.

If you have been diagnosed with type 2 diabetes, we can:

- + Identify when and how often to meet with your diabetes care team
- + Work with you to determine the best options for your diabetes care
- + Provide information and resources on medications and self-care supplies
- + Offer nutritional tips for cooking and grocery shopping
- + Host group visits with a diabetes education and support nurse

If you have prediabetes or at risk for developing type 2 diabetes, we can:

- + Connect you with a diabetes prevention program
- + Support you in learning how to monitor your risk with your care team

We look forward to speaking with you to tell you more about how we can assist you or a household member in managing diabetes. If you are interested in the **Southcoast Cares About My Diabetes** program, please call or email our team

- SouthcoastCaresDiabetes@southcoast.org
- 508-973-5287

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