

DIABETES RESOURCES FOR YOU!



NOW YOU CAN PREVENT DIABETES ONLINE



You can cut your risk of diabetes in half with Hawaii's new online health program. **HI DPP** is for people with prediabetes or at risk for type 2 diabetes.

Once enrolled, you gain access to a comprehensive online program and mobile app. Team up with a lifestyle coach, track your meals and exercise, and start living healthier!



WE HELP YOU PREVENT DIABETES:

- Get paired with a lifestyle coach
- Easy meal and exercise tracking
- Access anytime, anywhere with our app

To find out if you are eligible, ask KTA!

Dayna Wong-Otis, Pharm.D.

KTA Pharmacy

(808) 959-2888

dayna_wong-otis@ktasuperstores.com



KTA VIRTUAL DIABETES SELF-MANAGEMENT EDUCATION CLASSES



KTA SUPER STORES

Emālama i kou ola
(TAKE CARE OF YOUR HEALTH)

KTA Super Stores Pharmacy
Diabetes Self-Management Education

Diabetes Self-Management Education classes are covered by most insurance plans (Medicare, HMSA, UHA, Hawaii Community Health Alliance, Tricare, AlohaCare and more) and are American Association of Diabetes Education (AADE) Certified.



5 classes

Consisting of a one-on-one session and four group sessions totaling 10 hours of diabetes education.



Topics

1. Overview of Diabetes, Heart Health
2. Food and Fitness
3. Managing Complications, Monitoring and More
4. Diabetes Medications

CLASSES: Now virtual & offered online!

To enroll, call KTA Super Stores Pharmacy at **(808) 959-2888**



inControl Diabetes Education Classes 2021

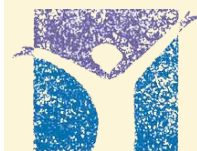
Living Well with Diabetes Classes



Monthly dates for part 1 and part 2, mornings and evenings available.

Check out their class schedules on their website!

www.incontrolhawaii.net
Click on classes/schedule



inControl
DIABETES LEARNING & RESOURCE CENTER

