

# Free Diabetes Education

Offered Through Swedish Hospital

Swedish Hospital's Diabetes Community Center offers a range of diabetes education services to patients with prediabetes, diabetes and gestational diabetes.

The Diabetes Community Center provides education on:

- Healthy eating
- Exercise
- Blood glucose monitoring
- Weight management
- And more



**Swedish Hospital will offer free diabetes education sessions to patients who are uninsured or are on Medicaid.**

**Various other options are available** for community members who have Medicare or commercial insurances.

**Patients who are uninsured or are on Medicaid will receive:**

- **3 or more free** 1-1 or group visits
- **\$15 Visa gift card plus \$35 worth of free groceries** after completing visits
- **Free glucometer, strips and lancets** to check blood sugars

Please call the **Diabetes Community Center** at **773-878-8200 x5256** to learn about the options available to you and to schedule your appointment.

**Please bring your last HbA1C or fasting glucose results when you come for your first appointment.**

Swedish Hospital

Part of  **NorthShore**