



FCA Health & Wellness Center Diabetes Treatment Program

A caring team promoting a healthy lifestyle change

The FCA Health & Wellness Center hosts a Diabetes Treatment Program that involves a multidisciplinary team of physicians, nurses, dietitians, exercise physiologists, and behaviorists. This team cares for people who have diabetes mellitus to promote healthy lifestyle changes and disease management skill building.

Program goals:

- Improved self-monitoring of blood glucose
- Improved blood test result
- Modest weight loss (5-7% body fat)
- participant attends 6 health education sessions and adheres to FCA Health & Wellness Center appointments (month 3, 6, 9, and 12)
- Better understanding of diabetes management
- Increased Physical Activity A trusted support group developed

Program design:

Patients can register throughout the year. Seasonal enrollment periods are during:

- December (winter cohort begins in January)
- March (spring cohort begins in April)
- June (summer cohort begins in July)
- September (fall cohort begins in October)

Program eligibility & registration:

To be eligible for referral to the clinic's lifestyle change program, patients must:

- Be at least 18 years old and
- Be overweight (Body Mass Index ≥ 25 ; ≥ 23 if Asian) and Cannot be pregnant and
- Have a blood test result in the diabetes range within the past year with:
 - Hemoglobin A1C: $\geq 6.5\%$ or
 - Fasting plasma glucose: >126 mg/dL or
 - Two-hour plasma glucose (after a 75 gm glucose load): >200 mg/dL or
- Have a previous clinical diagnosis of gestational diabetes

For more information please call our office at 313-264-6490 or speak to your provider.