

NEXUS MONTGOMERY DIABETES PROGRAMS

REFER PATIENTS TO DIABETES EDUCATION

FREE or Covered by Insurance

Nexus Montgomery helps individuals prevent and self-manage diabetes.

Classes include information on:



Nutrition



Physical Activity



Stress Management



Medication



Diabetes Prevention Program (DPP)

DPP is a lifestyle change program that offers guidance on setting nutrition and physical activity goals, and provides overall support to help prevent or delay the onset of Type 2 diabetes.

- Year-long program
 - 16 weekly sessions followed by 12 bimonthly/monthly sessions
- Free of cost to participants

Diabetes Self-Management Education & Support (DSMES)

DSMES is a self-management course for patients who have already been diagnosed with diabetes (Type 1, 2 and gestational) and may be living with poorly managed chronic disease.

- 10-12 hours of curriculum
- 20% coinsurance



Want More Information?

**FOR REFERRAL INSTRUCTIONS,
SCAN QR CODE OR CONTACT US!**

Send via **CRISP** or **fax**: 301.881.0993

Phone: 301.816.2632

Email: nexusdiabetes@jssa.org

