State of Arizona Employees and covered dependents get expert Diabetes education for the Low Cost of an Office Visit Co-Pay.

Any of the Diabetes Self Management Training (DSMT) Centers listed on this brochure will work with you and your provider to get a referral for Diabetes Education Classes.

Use Diabetes Education to:
- Lose weight by understanding healthier food choices and how to control portion sizes
- Improve your blood sugar number by knowing how to find patterns in your blood readings
- Make lifestyle changes easier by identifying what is preventing you from good health
- Enjoy your favorite foods without raising blood sugars by understanding how to make a balance meal plan
- Get the most from your medications and avoid unnecessary side effects by discussing how prescriptions work
- Make your time with your doctor more effective by understanding what to bring to your appointment and what questions to ask.

Feel Better. Have More Energy.

Diabetes should not control your life.

Learn to Control Your Diabetes

Call a Diabetes Self Management Training (DSMT) Center and learn to manage your diabetes for the low cost of an office visit co-pay.
Camp Verde
Northern Arizona Healthcare
Camp Verde Health Ctr
928-639-6346
Cigna Healthcare of Arizona
CMG-Paso Healthcare Ctr
623-876-2355

Chandler
Cigna Healthcare of AZ
Cigna Medical Group-Chandler
Healthcare Ctr.
623-876-2355
Chandler Regional Medical Ctr
Center for Diabetes Mgmt
480-728-3535
Diabetes America
480-855-6075

Cottonwood
Northern Arizona Healthcare
Flagstaff Medical Ctr
Diabetes Education Program
928-214-3814

Gilbert
Chandler Regional Medical Ctr
Gilbert Health Ctr
480-728-3535

Glendale
Diabetes Self Mgmt Education
Program- Comprehensive
623-521-5867

Phoenix
Maricopa Integrated Health System
602-344-5104
*Phoenix Indian Medical Ctr
Diabetes Self-Management (tribal affiliation required)
602-263-1200 Ext 1398

Kingman
Kingman Regional Medical Ctr
Outpatient Diabetes Education
928-692-4607

Mesa
Cigna Healthcare of Arizona
CMG-Superstition Springs
623-876-2355

Nogales
Carondelet Health Network
Holy Cross Hospital
520-285-8068

Peoria
Banner Arizona Medical Clinic
Diabetes Self-Management
623-583-5150

Prescott Valley
Yavapai Regional Medical Ctr
Diabetes Self Mgmt Education
928-759-5920

Prescott
Yavapai Regional Medical Ctr
Diabetes Self Mgmt Education
928-771-5794

Sun City
Cigna Healthcare of AZ
CMG- Sun City Healthcare
623-876-2355

Sun City West
Banner Arizona Medical Clinic
Diabetes Self Mgmt Education
623-583-5150

Tucson
Carondelet Health Network
St. Joseph's Hospital
Diabetes Care Ctr
520-873-3968

NW Diabetes Lifeskills Ctr
Diabetes Self-Management Education
520-742-2121

Tucson (continued)
Tucson Medical Center
Diabetes Self-Mgmt Education
520-324-3526

University of Arizona
Pediatrics
University Physicians Healthcare
Angles Diabetes Center
*pediatric patients only)
520-626-6077

Camp Verde
Northern Arizona Healthcare
Camp Verde Health Ctr
928-639-6346
Cigna Healthcare of Arizona
CMG-Paso Healthcare Ctr
623-876-2355

Green Valley
Carondelet Health Network
Carondelet Medical Mall
520-872-6055

Kingsman
Kingman Regional Medical Ctr
Outpatient Diabetes Education
928-692-4607

Scottsdale
Cigna Healthcare of AZ
CMG Scottsdale Healthcare
623-876-2355

Show Low
Summit Health Care
Diabetes Self-Management
928-537-6984

Tempe
Cigna Healthcare of AZ
CMG- CJ Harris Healthcare
623-876-2355

Tucson
Carondelet Health Network
St. Joseph’s Hospital
Diabetes Care Ctr
520-873-3968

NW Diabetes Lifeskills Ctr
Diabetes Self-Management Education
520-742-2121

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University Physicians Healthcare
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*pediatric patients only)
520-626-6077

Any of these Centers will work with you and your provider to get a referral for Diabetes Education Classes.

“My doctor was very pleased with my progress. I told her your classes were responsible”
“What a difference in my husband’s attitude toward accepting his Diabetes. He’s a new man. He now knows how to read nutritional information on items in the store and is very enthusiastic about managing his Diabetes”
“This class was the best thing I could have done for myself. I am no longer angry about my Diabetes and I am excited to change my habits and live better”
“This class was a tremendous help in calming my fears about Diabetes. I am now able to get control with self care”