

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.**

Benefit Options
Choice Value Health

**Benefit Options
Wellness**

LOW-COST DIABETES EDUCATION



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.

Diabetes Self Management Training Centers

Camp Verde

Northern Arizona Healthcare
Camp Verde Health Ctr
928-639-6346

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

Cigna Healthcare of Arizona
CMG-Paseo Healthcare Ctr
623-876-2355

Green Valley

Carondelet Health Network
Carondelet Medical Mall
928-872-6055

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

Phoenix

Maricopa Integrated Health
System
602-344-5104

*Phoenix Indian Medical Ctr
Diabetes Self-Management
(tribal affiliation required)
602-263-1200 Ext 1398

Chandler Regional Medical Ctr
Ahwatukee Foothills Health
480-728-3535

Scottsdale Healthcare
Diabetes Ctr/John C. Lincoln
Deer Valley & North Valley
480-323-4800 Ext. 1

Cigna Healthcare of Arizona
CMG Clyde Wright, CMG Deer
Valley, CMG- South Mountain,
CMG-Paradise Valley,
CMG-Westridge
623-876-2355

Prescott

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

Prescott Valley

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

Safford

Carondelet Health Network
Mt. Graham
Regional Medical Ctr
928-348-8777

Scottsdale

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

Scottsdale Healthcare
SHC Endocrinology Institute
Diabetes Ctr
480-323-4911

Show Low

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

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

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

Tucson (continued)

Tucson Medical Center
Diabetes Self-Mgmt Education
520-324-3526

University of Arizona, Pediatrics

University Physicians Healthcare
Angeles Diabetes Center
(pediatric patients only)
520-626-6077

Carondelet Health Network

Tucson Heart Hospital
520-873-3968

Carondelet Health Network

St. Mary's Hospital
Diabetes Care Center
520-872-6055

Yuma

Yuma Regional Medical Ctr.
Diabetes Self-Management
Education
928-336-7309

*Please note that these centers
will need a referral from your
provider. They will work with
you and your provider to
confirm that your state
insurance plan is accepted.

** Location availability is subject
to change. Please contact your
medical network if you are
unable to reach a location.

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"