



Dining with Diabetes

**Register today to earn \$\$ and learn to manage your diabetes
right from your home!**

Learn the keys to managing your diabetes, which foods to choose, and how to make delicious, diabetic-friendly meals to help you reach your health goals.

Date	Class Themes	Time	Location
October 7, 2020	Living Well with Diabetes	5-6:30pm	Online with Zoom
October 14, 2020	Carbohydrates & Sweeteners		
October 21, 2020	Fats & Sodium		
October 28, 2020	Putting It All Together		
TBD	Follow-up Class	TBD	TBD

Classes include research based education, cooking videos, and instruction.

Requirements to Qualify for \$10 Gift Card Incentive (each class):

- ☒ Polk HealthCare Plan members who attend each individual class
- ☒ Have a diagnosis of diabetes
- ☒ Have a documented Hemoglobin A1C lab result from LabCorp, up to 6 months prior to attending the classes

Requirements to Qualify for \$100 Gift Card Incentive:

- ☒ Polk HealthCare Plan members who attend and complete all course requirements
- ☒ Have a diagnosis of diabetes
- ☒ Have a documented Hemoglobin A1C of 9.0% or greater before attending the classes and provide a documented reduction of your Hemoglobin A1C by more than 1% by the final class (Your primary care provider should take your A1C between class 4 and 5.)
- ☒ Enrolled in the Disease Management Program run by American Health Holdings



If you would like to sign up for the program:

- ☒ visit: <http://bit.ly/PHPdiabetes>
- ☒ or contact Andrea Nikolai, UF/IFAS Extension
at: email: andreanikolai@ufl.edu
phone: 863-519-1072

