

Diabetes Care Team

Prevent Heart Attacks and Strokes Everyday Program (PHASE)

Who is your Diabetes Care Team in PHASE

- Clinical nurses and pharmacists
- Specialize and certified in diabetes care and education

What can you expect from your Diabetes Care Team in PHASE

- Partner with you and your doctor
- Provide resources for wellness and healthy living
- Blood pressure, blood sugar and A1c lab monitoring
- Medication management

Group Visit and Classes for Diabetes

- Diabetes Basics Class: Meter Teach and Healthy Living
- Diabetes Nutrition Class: Registered Dietician Support
- Taking Control of Your Diabetes Group Visit
 - Recommended for anyone with uncontrolled diabetes
 - Facilitated by nurse or pharmacist specialized in diabetes
 - Learn about new technology and treatment options
 - Available weekly online

Routine follow up and Self Care to Prevent Heart Attacks/-strokes

- Routine physical and foot exam with your physician
- Routine eye photo or exam
- Monitor home blood sugars, A1c labs and blood pressure
- Take your statin if prescribed
- Healthy living with daily physical activity and avoid smoking

PHASE Phone Contact:

English (415) 833-0142
Spanish (415) 833-5431
Chinese (415) 833-5432

Education Resources

Diabetes Information:
www.kp.org/mydoctor/diabetes or
Text "Diabetes" to 4-5356

Health Education Contact:
Phone: 415-833-3450
Email: sfhealthed@kp.org

Learn to use Verio Flex on-line:
Kpdoc.org/verioflex



Call PHASE Program at **415-833-0142** for questions or to schedule a group visit