



SESSION 1: GETTING STARTED

Session 1 introduces the various elements of the MonjWell In-Power program, which is designed to give you all the tools you need for successful diabetes management. This includes your Action Plan and app, as well as a diabetes basics review, and the importance of your support network.

1: YOU'RE IN CONTROL

Living well with diabetes

- ◆ You can live an amazing life with diabetes

Small steps make a big difference

- ◆ All you need are small steps everyday and...
- ◆ YOU get to decide what those steps are based on what you enjoy

What to expect

- ◆ Group sessions that will cover all the elements of your diabetes toolbox, and...
- ◆ ...lots of inspirational stories, useful tips, and fun activities and...
- ◆ ...helpful printable resources, including your Action Plan

Introducing your **Action Plan**

- ◆ We'll provide an Action Plan and help you fill it out with Tiny Actions

What are Tiny Actions

- ◆ Tiny Actions are the small steps you'll take to manage your diabetes

2: DIABETES 101

The nitty gritty

- ◆ Your body uses a simple sugar called **glucose** for energy
- ◆ And a hormone called **insulin** to let the glucose into your cells
- ◆ Insulin is made by the **pancreas**

Diabetes types

- ◆ **Type 2 diabetes** occurs when either the pancreas makes little or no insulin, or your body doesn't use the insulin properly
- ◆ **Type 1 diabetes** occurs when the insulin-producing cells of the pancreas are damaged
- ◆ **Gestational diabetes** occurs during pregnancy for reasons that are unclear

Diabetes signs & symptoms

- ◆ Frequent urination ◆ Increased thirst ◆ Increased hunger ◆ Unintended weight loss ◆ Fatigue ◆ Blurred vision
- ◆ Slow-healing and frequent infections ◆ Numbness or tingling in the feet or hands

Did my diet cause my diabetes?

- ◆ Diet can be a cause of diabetes, but there are many other risk factors, such as:
- ◆ Having a parent or sibling with diabetes ◆ Having a certain ethnic background ◆ Being older than 45

3: SUCCEED WITH SUPPORT

The support + success connection

- ◆ You have a 95% chance at succeeding at anything you set out to do if you have a good support system
- ◆ We call this support system your Support Squad

Establishing your Support Squad

- ◆ Write down your Support Squad members + Number One Ally in your Action Plan

Connecting with your Support Squad

- ◆ Make a plan to connect with your Support Squad on a regular basis
- ◆ Choose activities that support your health, like:
- ◆ Cook a health meal with your partner ◆ Play catch with your kids ◆ Make a weekly phone date with your sibling

Communicating with your Support Squad

- ◆ Communicate your needs clearly to the people on your Support Squad

Review your Action Plan and figure out how you can best get support for this program



SESSION 2: BODY TUNE UP

Session 2 goes over how feelings come into play around a diabetes diagnosis, and introduces the tools in your diabetes toolbox. It also includes strategies for reducing your risk of diabetes-related complications, as well as info about how monitoring your blood sugar can be super helpful.

1: MANAGING FEELINGS

What makes you feel better?

- ◆ Action Plan: Write down what makes you feel more in control of your diabetes

Lifestyle adjustments

- ◆ A diabetes diagnosis requires some changes, and this can bring up a range of emotions

Feelings about diagnosis

- ◆ Any feelings you have about your diagnosis are valid, and they may change at anytime

8 tools

- ◆ Balancing Food ◆ Moving Your Body ◆ Taking Your Meds ◆ Monitoring Blood Sugar ◆ Getting Support ◆ Managing Stress ◆ Reducing Risk ◆ Problem Solving

Problem solving

- ◆ Life throws curveballs: Prepare yourself with possible solutions for when problems arise
- ◆ **Action Plan:** Write down how you feel when you successfully solve a problem

2: REDUCING RISK

Chronic complications

- ◆ Nerve damage ◆ Foot damage ◆ Sexual dysfunction ◆ Eye damage ◆ Kidney damage ◆ Heart disease ◆ Skin conditions ◆ Dental problems

Regular health checks

- ◆ A1C test ◆ Blood pressure check ◆ Foot exam ◆ Eye exam ◆ Kidney exam ◆ Cholesterol check

Self-care practices

- ◆ Quit smoking ◆ Protect your feet ◆ Care for your skin ◆ Brush & floss ◆ Keep an eye out for infections

Setting goals

- ◆ You can reach any big goal you set for yourself by breaking it down into small, achievable steps

What's your why?

- ◆ **Action Plan:** Write down your reason for keeping your diabetes under control

3: MONITORING BLOOD SUGAR

How are you tracking blood sugar?

What gets measured, gets managed

- ◆ A1C to measure long-term blood glucose
- ◆ Continuous glucose monitoring or self blood glucose monitoring (SBGM) for day-to-day measurement

Benefits of SBGM

- ◆ Regular tracking helps you understand how food, movement & medication affects your blood sugar

SBGM equipment considerations

- ◆ Cost & insurance coverage ◆ Ease of use ◆ Customer support ◆ Features & functionality

When & how to track

- ◆ Check with your doctor on how often you should test
- ◆ Follow the instructions of your test kit

Blood glucose goals

- ◆ Check with your doctor for your personal, specific goals — recommended averages are:
- ◆ Fasting: less than 100 ◆ Before meal: 70-130 ◆ After meal: less than 180 ◆ Before exercise: 100+ ◆ Bedtime: 100-140

What affects your numbers?

- ◆ There are at least **42 factors** that can affect blood sugar

Signs & symptoms of imbalance

- ◆ Watch out for HYPERglycemia (high blood sugar) & HYPOglycemia (low blood sugar)
- ◆ Check your handouts for details on symptoms & treatment