

WHO CAN WE SEE?

Anyone living in the
Murrindindi Shire!

A referral is not required, but is preferred. Our Intake Officer will book you in for your initial consult which typically takes 60 minutes.



IS THERE A COST?

In most cases a fee of \$10-\$16 applies per visit which is based on your income level.

**Our Diabetes Educator will
work with your health
care team to
ensure your care is
coordinated and
personalised to you.**

For further
information or to book an
appointment please phone
the ADH Intake Officer on
5772 0908



**Alexandra District Health
12 Cooper Street
Alexandra
Vic 3714**

Phone (03) 5772 0900

www.alexandra@adh.org.au



Diabetes Education Service



**Helping you reach your health
and lifestyle goals, together!**

OUR SERVICE



When do I need to see a Diabetes Educator?

- Pre-diabetes
- Newly diagnosed
- Gestational Diabetes
- Annual Review of Care
- Complications
- Change in diabetes medications

SERVICE INFORMATION

Our Diabetes Educator can teach you how to manage your:

- Blood Glucose Levels
- Cholesterol Levels
- Blood Pressure
- Meals and make Healthy Food Choices

As well as help you:

- Understand your Diabetes: it's more than just your blood glucose levels
- Access Diabetes Services and Products
- Manage diabetes as part of your daily life

REAP THE BENEFITS!

Helping to reduce your risk of:

- Blindness
- Heart Disease
- Stroke
- Kidney Disease
- Dementia
- Amputation
- Premature Death

