

Let's Talk About Diabetes Series!

2024 Class Schedule : English

The "Let's Talk" series is a benefit for those who are Banner Medicare Advantage members with a diagnosis of diabetes and is led by our Dial Into Diabetes team. These sessions are conveniently offered virtually, through the internet or by phone.

These sessions require you to have an internet connection, a computer and/or a phone. If you do not have an internet connection on a computer or phone, you join the talks by calling in on your phone.

The sessions below are available in English. Please ask about Spanish class availability. Registration is FREE and is required to reserve your spot. After registering, you will receive the Microsoft Teams login information and phone number to attend your session(s). Meeting information will be sent to registrants one to three days prior to the day of the class.

To register for one or more of these "Let's Talk" sessions, or to enroll in the Dial Into Diabetes program and receive individualized diabetes self-management from a team of diabetes educators, please call (602) 230-CARE (2273), TTY 711, 8 a.m. to 4:30 p.m., Monday through Friday.

English Classes

Date	Time	Class	Location
2/28/2024 4/10/2024 5/22/2024 7/10/2024 8/21/2024 10/2/2024	10 a.m. – 11 a.m.	Let's Talk About Diabetes and Staying Healthy Would you like to learn how to control your diabetes instead of letting it control you? If so, please join us for this talk! Attending will help you understand what diabetes is, and what you can do to stay healthy by following proven guidelines.	Virtual
3/6/2024 4/17/2024 5/29/2024 7/17/2024 8/28/2024 10/9/2024	10 a.m. – 11 a.m.	Let's Talk About Diabetes and Monitoring Have you ever wondered what Blood glucose numbers you are supposed to have? What about Blood pressure? In this meeting, we will talk about the numbers that are important to your health. Let's talk about monitoring!	Virtual
3/13/2024 4/24/2024 6/5/2024 7/24/2024 9/4/2024 10/16/2024	10 a.m. – 11 a.m.	Let's Talk About Diabetes and Nutrition This class will help you maintain the freedom you want to eat what you like. No more cutting out favorite foods! We will help you find out how much of your favorite foods your body can handle at one time.	Virtual

Date	Time	Class	Location
3/20/2024 5/1/2024 6/12/2024 7/31/2024 9/11/2024 10/23/2024	10 a.m. – 11 a.m.	Let's Talk About Diabetes: Exercise IS Medicine Did you know that walking 30 minutes a day can help lower your blood glucose? In this interactive presentation we will talk about the different types of physical activity, the benefits, how to make exercise enjoyable, and how to do different activities without expensive gym equipment.	Virtual
3/27/2024 5/8/2024 6/19/2024 8/7/2024 9/18/2024 10/30/2024	10 a.m. – 11 a.m.	Let's Talk About Diabetes and Continuous Glucose Monitoring We are here to chat about the tools you need to better manage diabetes by understanding your diabetes technology! Do you want to improve your ability to use your device? Make sense of how your environment affects your blood sugars? If so, you're in the right place! Gain the power over your diabetes today to take charge of your tomorrow.	Virtual
4/3/2024 5/15/2024 6/26/2024 8/14/2024 9/25/2024 11/6/2024	10 a.m. – 11 a.m.	Let's Talk About Diabetes, Losing Weight and Living Well Be the boss of your weight loss. Let us show you how! Let's talk about diabetes, losing weight and living well!	Virtual

Eligibility for the Dial Into Diabetes program is not assured and will be determined by Banner Medicare Advantage after enrollment, based on eligibility criteria.

For accommodations for persons with special needs at meetings, language assistance services and alternate formats are available, please call our Customer Care Center. We are open from 8 a.m. to 8 p.m., seven days a week.

Para acomodaciones para personas con necesidades especiales en juntas, servicios de asistencia lingüística o formatos alternativos, por favor llame a nuestro Centro de Atención al Cliente. Estamos abiertos de 8 a.m. a 8 p.m., los siete días de la semana.

Banner Medicare Advantage Dual HMO D-SNP: (877) 874-3930, TTY 711

Banner Medicare Advantage Prime HMO: (844) 549-1857, TTY 711

Banner Medicare Advantage Plus PPO: (844) 549-1859, TTY 711