

# Diabetes Self-Management Education in Hilo



**DEAP**  
DIABETES EDUCATION  
ACCREDITATION PROGRAM

**AADPE** American Association  
of Diabetes Educators

## **The Diabetes Education Program covers:**

- The Essentials of Living with Diabetes
- Healthy Eating
- Preventing Diabetes Complications
- Medications and more

## **Learn how to reach your health goals and manage your diabetes:**

- 1 Hour One-on-One Consultations and
- 4 Group Sessions (2 hours 15 minutes each)

## **Exclusive online access to “STRAND”**

- Build Meals
- Track Exercises
- Educational Tools and more

## **To refer patients, contact: East Hawaii IPA**

670 Ponahawai Street Suite 117  
Hilo, Hawaii 96720

Fax Number: (808) 935-4472  
Phone Number: (808) 787-3113

Classes held at East HI IPA Resource Center

Insurances Accepted: United Health Care (soon), UHA, HMSA, Medicare, Aloha Care (soon)