

## Prescription for diabetes self-management training

Medical diabetes training saves \$4.34 for every \$1 of cost. NutriTutor® *web-enabled* training offers an even better return on investment by charging you the price of a co-payment and transforming standard classroom style training into customized and interactive online education. Through your physician, you can get this training for a quarter of the usual cost...and through NutriTutor® you will discover the latest truths science offers at your own convenience. Knowledge is your best ally. View our comprehensive topics for each program by clicking 'Resources' at [www.NutriTutor.com](http://www.NutriTutor.com).

### □ **Diabetes Self-Management Program**

This comprehensive program for type 2 diabetes empowers you to safely and successfully care for all aspects of your disease; from treatment to prevention. Using this program, you will learn all of the essential topic areas and develop all of the vital skills as outlined by the American Diabetes Association. Topics include medications, laboratory markers, exercise, treating hypoglycemia/hyperglycemia, body systems damaged by uncontrolled glucose, glucose self-monitoring, glucose goals, managing illness, coordinating care with your medical team, and exercise. Diabetes and blood vessel diseases go hand-in-hand; therefore you will learn how to manage your glucose, blood pressure, cholesterol, triglycerides and weight using a proven weight loss system customized to your needs. Self-management knowledge eliminates doubt and undue reliance on the healthcare team; allowing you to focus on life again.

*Cost: \$45.00 Coupon code: NT13000131*

### □ **Diet Education Program**

This type 2 diabetes diet program teaches everything you need to know about controlling your diabetes through food as outlined by the American Diabetes Association. Food is one of the body's main sources for glucose. You will not only learn how to eat to control your glucose, but also how to manage your blood pressure, cholesterol, triglycerides and weight using a proven weight loss system customized to your needs. Imagine making food choices without feeling insecure in your knowledge! This diet program is a strong foundation to begin the process of transforming your health.

*Cost: \$30.00 Coupon code: NT13000130*

**Educating**  
**Engaging**  
**Empowering**  
**Encouraging**

