

# Preventing Diabetes

## *Integrative Nutrition Group Education - Virtual Class*

Research tells us that 80% of diabetes cases are preventable with the right lifestyle changes! In this group class led by Integrative Nutritionists at the Penny George Institute for Health and Healing, you will take a 360° look at your lifestyle and create an integrative action plan for diabetes prevention.

This course will help people with prediabetes, high insulin or elevated blood sugars to understand their lab values and begin healing with education and support for:

- Eating a whole foods diet
- Supporting key nutrients
- Managing stress
- Moving your body intentionally
- Improving gut health
- Reducing environmental exposures

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### **TO SCHEDULE:**

**CALL THE CUSTOMER EXPERIENCE CENTER (CEC)  
AT 612-863-3333.**

### **Consider enrolling if you:**

- Have a diagnosis of prediabetes, hyperinsulinemia, or metabolic syndrome
- Are ready to explore lifestyle changes
- Desire for group support setting

### **PLEASE CONTACT YOUR MEMBER SERVICES**

- Some insurance plans may cover the cost of group nutrition education.

The following CPT codes are billed: 97804

- If your insurance doesn't cover these codes, you can decide to prompt pay\*:

### **\$25/class or \$75 for the series**

\* Prompt pay means that you pay directly for the services in full and charges are not billed to insurance. The amount we charge you is a discounted rate. If payment is submitted to insurance and the claim is denied or applied to a deductible, you will be responsible for the full, non-discounted, fee for service amount.

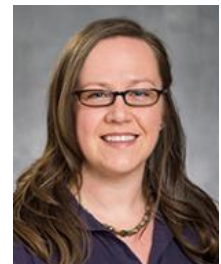
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### **Option 1**

**Wednesdays, 3:30 – 5:00 pm, with Janelle Fuchs, LDN, RDN:**

*Virtual classes meet weekly:*

- **June 2 (class 1)**
- **June 9 (class 2)**
- **June 16 (class 3)**



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### **Option 2**

**Fridays, 1:00 - 2:30 pm, with Rachel Baar, RDN, LD:**

*Virtual classes meet weekly:*

- **July 9 (class 1)**
- **July 16 (class 2)**
- **July 23 (class 3)**

