



# Diabetes Survival Skills Virtual Program



**REQUIRED:** Members newly diagnosed with diabetes (since 6/1/2019)



**REQUIRED:** New enrollees with existing diabetes (since 9/1/2019)



**REQUIRED:** Members with a 2020 Qualifying A1C of 9.0 or above



**OPTIONAL** Qualifying Choice for those with 2020 A1C 7.1 – 8.9

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## STEP 1: Watch the 9 video Lessons at your convenience.

### The Basics of Diabetes Care

[Lesson 1:](#) What is Diabetes?

[Lesson 2:](#) What you need to know about diabetes medications

[Lesson 3:](#) My blood sugar did that? Why and how to test your blood sugar

[Lesson 4:](#) Diabetes can be complicated

[Lesson 5:](#) You got to move it – Exercise!

### What Can I Eat?

[Lesson 6:](#) The myth of the diabetes diet

[Lesson 7:](#) Sugar is sweet

[Lesson 8:](#) Your food environment

[Lesson 9:](#) The Blender. Putting it together.

## STEP 2: Register for and attend a Zoom Wrap Up session

Visit [manateeyourchoice.com/register](https://manateeyourchoice.com/register) to select a date and time that work for your schedule. Each session will address your questions and give you a chance to win a prize. A wrap up session is required for completion of the Survival Skills program.

## STEP 3: Take Final Quiz by August 31, 2021

The link to take the Final Quiz will be sent to the email you used to register for the Zoom Wrap Up Live Session. This is a straightforward quiz to confirm that you read through the slides. It is not meant to be tricky.

*NOTE: In person options will be scheduled when it is deemed safe to do so.*



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