



# Diabetes Education

Supporting you to manage your diabetes.

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**Have you just been diagnosed with diabetes? Are you having trouble managing your diabetes? Are you frustrated at trying to get your sugars under control?**

There may be times when you need some extra advice, have questions or have problems you can't manage on your own - then Nexus Diabetes Education can support you.

**One on one diabetes education** is tailored to meet your individual needs which may include:

- Education for all aspects of your diabetes care.
- Assistance with blood glucose monitoring.
- Support with insulin commencement and day to day management/ongoing management.
- Assistance with lifestyle changes for improved diabetes control.

**Group education** is available to support your diabetes management:

- Diabetes Essentials Group.

Nexus offers a variety of other services for people with diabetes including:

- Nutrition and Dietetics.

- Exercise Physiology.
- Counselling.
- Podiatry.

Through improved Diabetes management you can achieve a better quality of life.

## Accessing this service:

- You can refer yourself to this service by contacting us on 1300 77 33 52, or a family member, parent or care giver can refer you.
- This service is available through **self-funded (fee paying)** system. Speak to our team about fees – private health insurance rebates may apply.

Concession card (pension or health care card) fees are available – ask our team.

## Bulk Billing

- **Bulk Billing** is available for Diabetes Education as part of a Team Care Arrangement completed by your GP – therefore there is no out of pocket expense to you.

#YOLO LiveWell

You only live once, live well.

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## Bulk Billing

This service is registered with the Medicare Benefits Scheme.

Need help?

To find out more about Nexus, please contact us on:

**t 1300 77 33 52**

**info@nexusprimaryhealth.org.au**

### Broadford

72 Ferguson St

### Seymour

22 Callen St

### Kinglake

19 Whittlesea-Kinglake Rd

### Wallan

7-11 High St

### PO Box 84

Broadford Victoria, 3658

**t 1300 77 33 52**

**nexusprimaryhealth.org.au**

ABN 40685 448 071

