



Diabetes Education Tailored to Your Needs...



**Your options in services
provided by TDM Education.**



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Diabetes Education 1

Tailored to Your Needs...

Services:

- **1 on 1 Consultation:** One time consultation where we will discuss your diabetes management and come up with a plan to improve your overall health. If needed, your health care provider can be contacted to update him/her with what was talked about. (*Approx. 1 hour, \$150*).
- **1 on 1 Consultation Follow Up:** If one education session was not enough, a follow up may be helpful to further educate and determine needs. (*Approx. 30-45 minutes, \$75*).
- **Insulin Pump Start or Troubleshooting:** A full insulin pump start training or figuring out individual issues. We will make sure that you understand your insulin pump and feel confident using it. (*Approx. 1-2 hours depending on needs, \$200*).
- **Ongoing Support:** This is designed for people wanting to master their diabetes management. You will learn how to read reports and labs from your doctor, trend blood sugars, make the most of CGM use, feel confident with food, master insulin dosing or medication management and much more. Education is conducted through bi-monthly video calls and text message support. (*1 month - 12 month options available, prices depend on timeframe of support*).
- **Class Education:** Class style education is designed for larger audiences such as universities, high schools, or community groups wanting to learn more about diabetes. (*Approx. 1 hour, \$300*).

*All pricing is self-pay, insurance not accepted. Prices were determined after careful market research and set at a 50% reduction for current diabetes education rates.



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Diabetes Education

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Tailored to Your Needs...

What's included in ongoing support?

- Bi-weekly 30 minute calls looking at blood sugars and answering questions.
- Weekly accountability checks via text or email.
- Ability to review labs and make suggestions for improvements (not medical advice).
- Meal planning help.
- Access to text message help with 24 hour window for response.
- Access to all guides and future guides.
- 50% off future courses/video education.

What are expected outcomes?

- Lower A1c.
- Learn to interpret labs and blood sugar reports.
- Better insulin sensitivity.
- Confidence in insulin dosing / how to improve insulin dosing.
- Have consistency in eating / less fear around food.
- Have a deeper understanding of what impacts blood sugars.
- Weekly accountability.

What's the cost?

- 1 month: \$450
- 3 months: \$1,080 (20% off)
- 6 months: \$2,025 (25% off)
- 12 months: \$3,780 (30% off)



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