

Sewickley
Heritage Valley Health System
Heritage Valley - Sewickley
720 Blackburn Rd.
Sewickley, PA 15143
1-866-328-8389

<http://www.heritagevalley.org/pages/diabetes-education>

If you have been diagnosed with type 2 diabetes, there is a chance that your siblings and/or children could be at risk for diabetes, because this disease tends to run in families. For people who do not have diabetes, but have important risk factors and a condition known as “pre-diabetes,” the YMCA of Greater Pittsburgh has a program that provides education and support geared toward making small, measurable changes that can reduce the risk for developing diabetes.

To learn more about the Diabetes Prevention Program, whether you qualify for the program, and locations, click on <http://www.ymcaofpittsburgh.org/diabetes/> Or contact diabetesprevention@ymcapgh.org or call Gretchen North at **412-227-3820**.



Compiled by Lorraine Starsky, RN, BSN, Public Health Nurse
Chronic Disease Prevention Program
Questions or comments please call **412-247-7816**.
March 2017



www.livewellallegheny.com

002-CD-0317

Diabetes Education: Proven and Powerful

A Guide to Local Diabetes Education Programs



Don't let diabetes control you. YOU can control your diabetes!

Diabetes education is the foundation for successful management of diabetes. It gives you the skills to be in charge and the knowledge to handle the day-to-day choices and problems that come up.



www.achd.net
412-247-7816



www.livewellallegheny.com



Diabetes is not a “one size fits all” disease. It can be a complex condition that requires daily choices about food, activity, medications, and blood sugar checks. A person with diabetes needs a team that includes his or her doctor or medical provider, pharmacist, and a diabetes educator to help with controlling the disease. Even with this team, persons with diabetes will need to make day to day choices on their own between visits to the doctor.

Studies have shown that people with diabetes who learn more about diabetes and self-care skills can reduce their A1C (a test that measures average blood sugar levels over the previous three months). Working toward a lower A1C can help avoid or delay the start of diabetes problems such as strokes, heart disease, foot sores, kidney failure, and blindness.

Medicare and many health insurance plans now cover diabetes education, which is often called Diabetes Self-Management Education. Registered Dietitians and Registered Nurses, who have special training for helping people with diabetes, usually provide this guidance. Often these sessions are focused on the individual needs of the person with diabetes. The aim is to increase positive attitudes and give individuals the skills they need to successfully control their disease.

Health insurance cards usually have a member benefit number on the back that can be called to ask about coverage for services such as diabetes education and what co-pays, if any, are required. When you see your doctor or health provider about your diabetes, ask for a referral for diabetes education. This referral or prescription is needed for coverage by your health insurance.

The following is a list of local certified Diabetes Self-Management Education programs. Call the programs for more information about the times of their sessions and what insurances are accepted.

Pleasant Hills

Jefferson Regional Medical Center –

Take Control of Your Diabetes
Jefferson Regional Wellness Center
712 Clairton Blvd. Route 51
Pleasant Hills PA 15236
412-469-5400

<https://www.ahn.org/specialties/diabetes-care>

South Hills

Jefferson Regional Medical Center –Take Control of Your Diabetes

Jefferson Regional Medical Center
565 Coal Valley Rd.
Pittsburgh, PA 15236
412-469-5400

<https://www.ahn.org/specialties/diabetes-care>

UPMC South Hills Endocrinology –affiliated with Falk Clinic

733 Washington Rd. Suite 204
Pittsburgh, PA 15228
412-344-7979

WEST

Kennedy Township

Ohio Valley Hospital

Living Well with Diabetes Program
Medical Office Building Suite 102
25 Heckel Rd.
McKees Rocks, PA 15136

<https://ohiovalleyhospital.org/hospital-services/nutrition-services/diabetes-education/>

SOUTH

Brentwood

UPMC Mercy
4190 Brownsville Rd.
Pittsburgh, PA 15227
412-232-5908

Elizabeth

Rite Aid Diabetes Education Program

Rite Aid Pharmacy
300 Market St.
Elizabeth, PA 15037
412-384-2890 Option 3

Mt. Washington

Rite Aid Pharmacy
201 Grace Street
Pittsburgh, PA 15211

The Pharmacists at this location are Certified Diabetes Educators who offer one-on-one education and counseling only for their Rite Aid pharmacy customers.

412-381-1464

UPMC Mercy Southside Outpatient Center Diabetes Program

2000 Mary St.
Pittsburgh, Pa 15203
412-232-5908

Upper St. Clair

St. Clair Hospital – Diabetes Center

Outpatient Center
2000 Oxford Dr. Suite 430
Bethel Park, PA 15102
412-942-2151

<http://www.stclair.org/services/diabetes-center>

*Please note that some UPMC affiliated medical practices are not listed in this guide because they limit their diabetes education programs solely to patients of those practices. For all diabetes education programs in UPMC affiliated hospitals and practices, please click on http://www.upmc.com/services/diabetes-education-and-support/pages/default.aspx?utm_medium=cpc&utm_source=google&utm_term=%2Bupmc%20%2Bdiabetes%20center&utm

CENTRAL

UPMC Mercy Diabetes Program

UPMC Mercy Hospital of Pittsburgh
1515 Locust St. Suite 703
Pittsburgh, PA 15219
412-232-5908

NORTH

Aspinwall

UPMC St. Margaret Diabetes Program

UPMC St. Margaret
815 Freeport Rd.
Pittsburgh, PA 15215
1-866-334-5227

New Kensington

Allegheny Health Network Diabetes Center

Alle-Kiski Medical Center
Located at Ambulatory Care Center
651 Fourth Ave.
New Kensington, PA 15068
724-367-2400

<https://www.ahn.org/specialties/diabetes-care>

North Hills

UPMC Passavant Diabetes Program

UPMC Passavant
9100 Babcock Blvd.
Pittsburgh, PA 15237
412-367-5065

Shaler Township

Rite Aid Diabetes Education Program

Rite Aid Pharmacy
900 Mount Royal Blvd.
Etna, PA 15223
412-487-2173

EAST

Bloomfield

Allegheny Health Network Center for Diabetes

at the Western Pennsylvania Hospital
5140 Liberty Ave. 2nd Floor
Pittsburgh, PA 15224
412-578-1724

<https://www.ahn.org/specialties/diabetes-care>

McKeesport

Lions Diabetes Center at UPMC McKeesport

Crawford Building 1500 Fifth Ave.
McKeesport, PA 15132
412-664-3055

Monroeville

Allegheny Health Network Diabetes Center

at Forbes Regional Hospital
2566 Haymaker Rd. Professional Office Building 1 Suite 314
Monroeville, PA 15146
412-858-4474

<https://www.ahn.org/specialties/diabetes-care>

EAST continued

UPMC East Diabetes Program

UPMC East
2735 Mossdale Blvd.
Monroeville, PA 15146
412-664-3055

Oakland

Children's Hospital Diabetes Education

Children's Hospital (Children's patients only)
4401 Penn Ave.
Pittsburgh, PA 15213
412-692-7799

Falk Clinic Center for Diabetes and Endocrinology

Falk Medical Building
3601 Fifth Ave. Suite 3B
Pittsburgh, PA 15213
412-586-9700

General Internal Medicine at UPMC Presbyterian

3459 Fifth Ave. Suite 9S
Pittsburgh, PA 15213
412-692-4978

UPMC Magee Womens Hospital of Pittsburgh

300 Halket St.
Pittsburgh, PA 15213
412-641-1477

Education limited to preconception counseling and pregnancy care

VA Pittsburgh Healthcare System

University Drive
Pittsburgh, PA 15240
412-688-6000 ext. 601394