

What Is GUIDES?

Over 30 million people are living with diabetes in the United States today - a number that has more than tripled in the last 30 years. Without proper care, diabetes can lead to a decline in health status and concerning related illnesses, such as kidney failure, amputation, heart disease, stroke, and blindness.

Residential Home Health's GUIDES program helps patients to better self-manage diabetes, providing greater understanding and proactive tools to balance health and daily living.

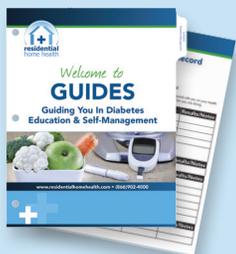


GUIDES gives patients the knowledge and tools needed to better manage diabetes, including:

Goals & Tracking



- Establish target levels
- Keep detailed logs for daily self-monitoring
- Compile a thorough record of test results and check-ups
- Simplify communication with health care providers and care team



Blood Sugar Education



- Discover how blood sugar works in the body and impacts overall health
- Identify triggers, symptoms, and effects of high and low blood sugar levels
- Learn to prevent blood sugar episodes or correct them before they escalate

Optimal Nutrition



- Explore carbohydrates and how they affect blood sugar levels
- Create healthy meals for peak nutrition and balanced blood sugar
- Decode nutrition labels to help make informed food choices



Health & Safety

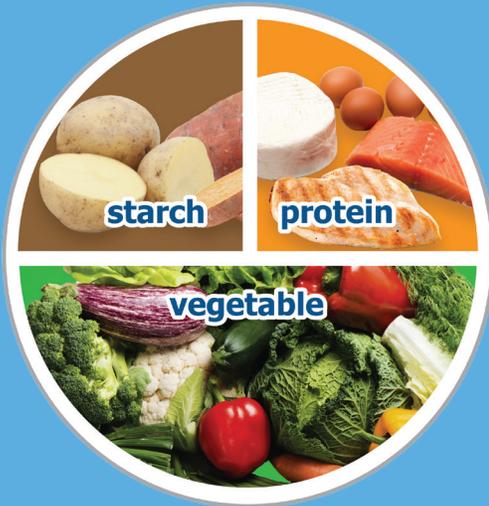


- Follow steps for proper foot care
- Counteract potential blood sugar complications brought on by 'sick days'
- Prevent undetected wounds (diabetic ulcers) from progressing by watching for common risk factors and symptoms
- Safely handle and dispose of insulin needles ('sharps')

Consider GUIDES to lessen your health risks and minimize the impact of diabetes on your day-to-day life.

Residential's GUIDES program provides:

GUIDES is a total resource for diabetes comprehension and self-management.



Practical instruction on diabetes



Easy-to-understand explanations



Tracking tools and daily logs



Insulin & Its Effects

Taking insulin is a vital component of diabetes management. Insulin comes in several types for different applications, based on the patient's lifestyle and personal needs.

GUIDES clarifies the differences among insulin types, helping patients to comprehend and follow their prescribed regimens.



residential

+ home health

🌀 palliative

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Visit our website at residentialhomehealth.com or call a Residential Home Health nurse today.

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