

Helpful Tips for Taking This Course

Welcome to the African American Health Program’s (AAHP) online diabetes education sessions. You now have access to the DMeetings comprehensive diabetes management course at the tip of your fingers AND the support of AAHP’s Diabetes Team to enhance your learning experience.

As a user of this course, here are a few tips to help you be successful:

Set a Goal for Completion

Setting a goal for completion puts you in the driver’s seat of your journey through this course. Mark your calendar. Set aside about an hour to view each video, complete the test and evaluation, and reflect on how you will use this new information to set a personal goal. After session 1, you may cut a few minutes off each session by double clicking to the 2:40 time on the slide progress bar to skip the introduction. You can also skip the repeated closing statements. You can pause the presentation when needed.

Following the webpage course guide will aide you in completing each lesson. It is best to do at least 2 lessons per week to keep re-enforcing the information you are learning. You can use either of the 2 options below:

-On Your Own

Watch the videos anytime and call Linda Goldsholl, RD at 240-777-1701 with your questions during the hours of 8am – 3pm.

-Join the “One Month and Done!” Group Schedule

Watch the videos assigned for that week and join a conference call for added support on the following Monday at 12pm or 7:30pm. To receive any handouts, send an email to Linda.Goldsholl@montgomerycountymd.gov to let us know you will be on the call.

The phone number is: 301-476-1987 - Pass Code: 714-386-568



Dr. Myers, MD

Linda, Dietitian

Beri, Nurse

Robina,
Food for Life

Any Month	Review These Sessions	Conf Call Discussion*	Support Provided
Week 1 (starts the 1 st full week)	1. Introduction to Diabetes 2. Healthy Eating - Part 1 2. Healthy Eating - Part 2	Monday Week 2	Test question review Review of evaluations Q & A Making your goals Recommend food documentary films Nutrition Action
Week 2	3. Being Active 4. BG monitoring 5. Medications	Monday Week 3	Test question review Review of evaluations Q & A Making your goals, Plus more
Week 3	6. Problem Solving 7. Coping and Reducing Stress	Monday Week 4	Test question review Review of evaluations Q & A Making your goals, Plus more
Week 4	8. Reducing complications 9. Putting it all together	Monday Week 1 the following month	Test question review Review of evaluations Q & A Making your goals, Plus more

*Conference calls will be held on Tuesday following a Monday holiday

Don't Fret Over the Tests

Each session includes a 10-question test that must be taken to complete the session on your progress record. If you find the tests difficult, it might help to review each test prior to watching the video or let us know and we can send copies via email. Our goal is to provide this course so that you can learn, and apply what you learn, to your everyday life. Unfortunately, because it is copyrighted material you cannot make a handout of the slides. You can copy and paste a slide into a new document if you wish.

Keep the Focus: Remember Why You are Taking this Course

Think about why you are taking this course and what you hope to accomplish. Is it to gain insight into your health or the health of someone else? Is it to have a better handle on managing your diabetes? Whatever the reason, keep that in mind as you work towards your personal goals!

Bonus Feature!

Once you have completed at least 5 modules with scores of 70% or more, you may request an appointment with Dr. Myers, MD; Linda Goldsholl, RD; or other AAHP staff to discuss your personal concerns.

Health assessments and follow-up of weight, BP and A1c can be done at the AAHP office, or meet us at a class or community health screening event.

Ask for Help if You Need It

Linda Goldsholl, RD at 240-777-1701 linda.goldsholl@montgomerycountymd.gov.