



Diabetes Case Management

*Education, Resources and Referrals for
Native Americans diagnosed with Diabetes or Pre-Diabetes*

NACC Diabetes Case Manager

will assist you with:

- Blood Sugar Monitoring
- Appointment & Medication Info
- Patient Focused Goals
- Foot Exams
- Referrals for Eye Exams
- Diabetes Education Classes
- Running Wolf Fitness Center
- Exercise & Nutrition Resources
- Medical Insurance Assistance
- Traditional Spiritual Resources

Positive Support & Education!



NACC Diabetes Case Manager
develops **GOALS** with you to
improve your overall health and
coordinates your care.

Five Goals for Living Well with Diabetes

Blood Pressure Control

Lowering Bad Cholesterol

Maintaining Blood Sugar Levels

Smoking Cessation

Taking Aspirin daily



Contact

**Jennifer Parkhurst, RN
Diabetes Case Manager
(612) 872-8086 ext. 119**

You are important to our Twin Cities Native American Community!