

# It's safe to get care!



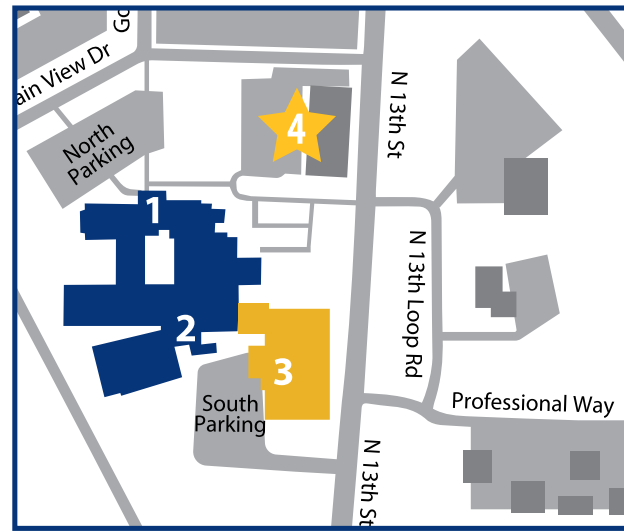
- If you have diabetes, you are one of nearly 34 million Americans with this condition. Most people with diabetes can lead healthy, active lives. You can, too — if you know how.
- Mason Health offers the services listed inside to help you take control of your diabetes.
- The Mason General Hospital Diabetes Wellness Center has been recognized by the American Diabetes Association for Quality Self-Management Education and Support.\*

**M** *Mason Health*  
Mason General Hospital • Mason Clinic

**Mason General Hospital**  
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- 1 Mason General Hospital Emergency Entrance**
- 2 Mason General Hospital Main Entrance**
- 3 Mason Clinic**
- 4 Rehabilitation Services**

www.MasonGeneral.com • 901 Mountain View Drive, Shelton, WA 98584 • (360) 426-1611, from Allyn (360) 275-8614, Toll free (855) 880-3201, TTY/TDD (360) 427-9593. Equal Opportunity Provider • Free Translation Services Provided/Se habla español • Mason Health informs the public, patients, and employees that the agency does not discriminate on the basis of a patient's age, race, color, ethnicity, national origin, sex (including pregnancy, gender identity or expression, sexual orientation), religion, culture, physical or mental disability, financial status or condition (including the terminally ill or dying), limited English, visual, hearing or learning impaired.



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Mason Clinic

# Diabetes Wellness Center Services



The Mason Health Diabetes Wellness Center will work with you and your provider to meet your diabetes education and self-management goals.

We offer a variety of modes of education including individual visits, small group classes, telehealth visits, and other services as needed.

*Note: A provider referral is required for our services, and we are happy to help you make this request.*

## Individual and small group classes

These visits are geared toward people who have been recently diagnosed or who have had diabetes for years. They focus on the topics most important to YOU and may include:

- Healthy nutrition & meal planning
- Physical Activity
- Medications, including insulin
- Self-monitoring of blood glucose
- Continuous glucose monitoring
- Prevention of complications
- Insulin pumps and diabetes technology
- Stress management & coping
- Goal setting for lifestyle change
- Pre-pregnancy & pregnancy management
- Gestational Diabetes management

Visit us online at:  
[www.masongeneral.com](http://www.masongeneral.com)

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## Telehealth individual visits

These visits occur on an easy-to-use, safe, HIPPA-compliant platform using your phone or computer. Most of the above topics can be discussed in this format, but please contact us for more information.

## Living Well with Diabetes classes

Living Well with Diabetes classes are also offered for people who are NEWLY diagnosed with diabetes within the last year. These classes are scheduled in 2-hour sessions throughout the year and offer up to 8 hours of detailed self-management education.



## Our qualified education staff include:

- Registered Nurse, Certified Diabetes Care and Education Specialist
- Registered Dietitian, Certified Diabetes Care and Education Specialist
- Registered Dietitian Nutritionist

**For more information or to schedule a visit, please contact our Diabetes Wellness Scheduling Representative at: 360-427-9543.**

You may also visit our webpage at:  
[www.masonhealth.com/services/care-coordination](http://www.masonhealth.com/services/care-coordination)

## Fees/Insurance

Diabetes Education is a covered service under most insurance plans. Diabetes Education is a covered service under most insurance plans. If you have questions regarding your coverage, consider contacting your insurance company for details.

*\*Please note, we are unable to accommodate drop-in visits, so call ahead to make an appointment.*

## Mission

United Community,  
Empowered People,  
Exceptional Health

## Vision

Provide the best  
patient-centered care  
in the Pacific Northwest

## Values

Service &  
Relationships