

Meet Your Care Team

Registered Dietitians who are Certified Diabetes Care and Education Specialists (RD, CDCES) empower you with health information so you can live your best life. Your RD, CDCES will work with your primary care physician, diabetes doctor (endocrinologist), heart doctor (cardiologist), foot doctor (podiatrist), and other members of your care team to support you in achieving your optimal health. This care is provided under one roof, to provide ease and convenience for you.



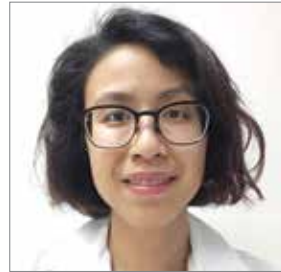
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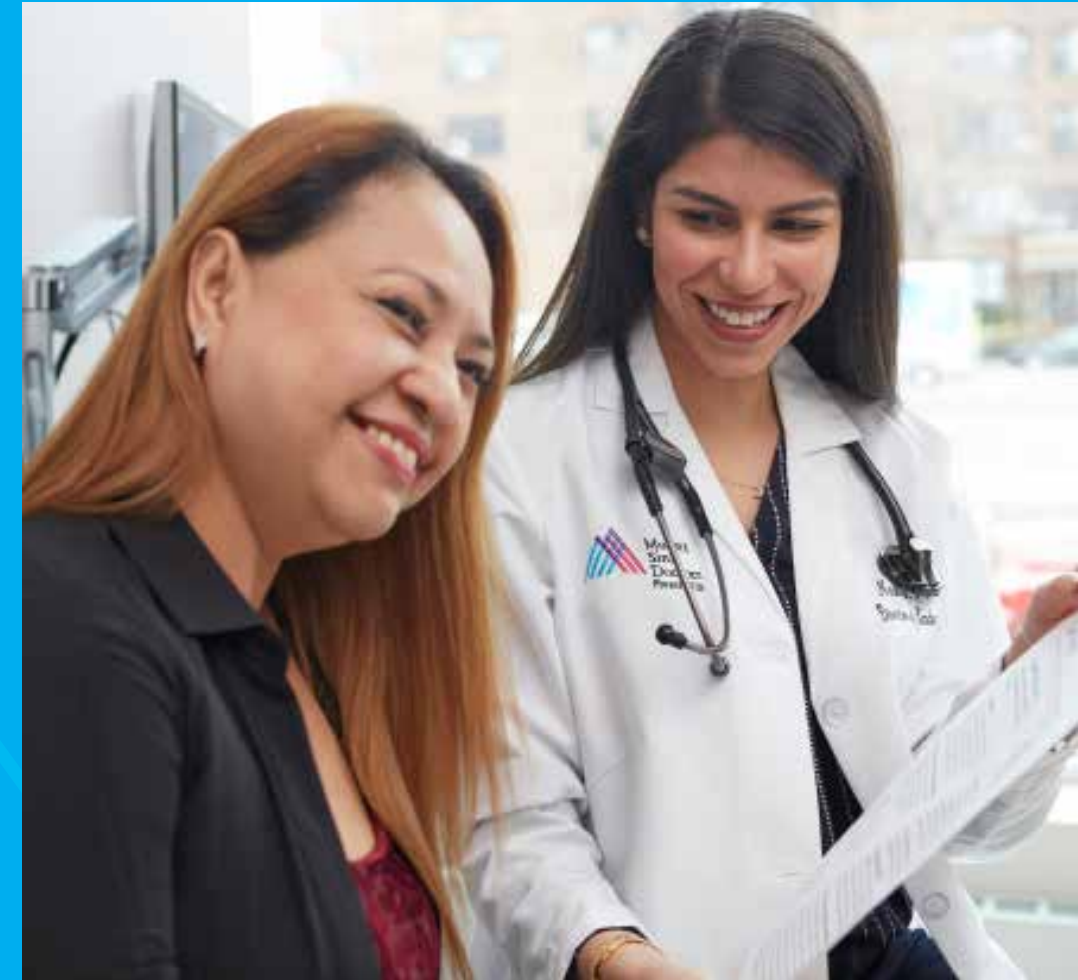


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Mount
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Mount Sinai Health System Diabetes Alliance



Putting you at the
center of your care
to help you feel
your best



Mount
Sinai
Doctors

The Mount Sinai Diabetes Alliance supports people living with diabetes by providing a dedicated care team. When you enroll in our program, you receive diabetes care from a team of physicians and nutritionists with expertise in diabetes, all in one place.

You are not alone. We are here to help you take control of your health and total well-being.



We help you with:

- Personal nutrition and weight loss guidance and support
- Diabetes self-management education
- Creating a movement or exercise plan
- Smoking cessation
- Knowing your numbers regarding average blood sugar over a 3 month period (A), blood pressure (B), and cholesterol (C)

How We Can Help

With a referral from your primary care physician, health care practitioner diabetes, or heart doctor, your Registered Dietitian will serve as your personal diabetes coach by:

- Increased access to answer questions about your diabetes care
- Creating a meal plan that's healthy and easy to prepare
- Reviewing a movement/exercise plan with you
- Coordinating appointments with other members of your diabetes care team.
- Informing you about interactive workshops and group classes to learn more about self-care for patients with diabetes
- Available to answer questions regarding your diabetes care



Healthy Plate



How do I start?

1

STEP 1

Get a referral from your primary care physician, diabetes doctor, health care practitioner or from the physician who manages your diabetes to sign up

2

STEP 2

Meet with your Diabetes Alliance Registered Dietitian who is a Certified Diabetes Care and Education Specialist (CDCES) to adopt healthy habits for exercise, meals, and a smoking lifestyle

3

STEP 3

Feel better— Seeing and feeling the effects of your new lifestyle the results of your new lifestyle will motivate you to continue