

MedStar Diabetes Institute: Helping to Shape the Future of Diabetes Care

# The MedStar Diabetes Pathway – “Diabetes Boot Camp”



Your doctor has referred you to the **MedStar Diabetes Boot Camp** to help you better manage your diabetes. As you know, diabetes can be challenging to live with, and most people with diabetes need to get extra support to stay on track. You will work with the MedStar Health Diabetes Team for a total of 12 weeks, to help you determine which lifestyle changes and medications work best for YOU! We will provide you with the support that is needed, to help you meet your goals and feel better. It is important that you understand that this is a “Boot Camp,” and that you will be asked to work hard to learn how to live well with diabetes. **You should only “sign up” to do the MedStar Diabetes Boot Camp if you are ready for change!**

## **What can I expect as a patient in the MedStar Diabetes Boot Camp?**

You will meet in-person with the diabetes educator two times during a two week period. You should allow 2 hours for the first visit and 1 hour for the second. These visits will be at a **MedStar Diabetes Center**.

You will then “graduate” to our **Diabetes Virtual Call Center**. A Boot Camp team member will reach out to you one or more times a week during the next 10 weeks, for virtual visits by phone, text or email. We will make changes in your diabetes medications as needed. We will also work with you on lifestyle changes that may help to improve your blood sugar control.



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You will learn how to use a **Telcare Blood Sugar Meter**. Each time you check your blood sugar, the blood sugar test result will be sent over a telephone network to the MedStar Diabetes Pathway Team computer dashboard. This allows us to check every weekday to see how your sugars are doing. If there is a concern such as a high or low blood sugar we will contact you to see what changes may be needed in your medication or lifestyle. **We cannot watch this dashboard 24/7**, so if at any time you have sugars that you are worried about, you should call your own doctor, your Boot Camp team member or go to the Emergency Room for help.

You will learn how to make better food choices that are good for your blood sugar control, and overall health.

You will work with our team to find a diabetes medication plan that fits your special needs. After 12 weeks, you will return to your doctor, who will continue to care for your diabetes.

## How do I get started?

Your doctor will contact the Boot Camp diabetes educator to refer you to the program. Please contact the diabetes center at the MedStar Facility of your choice, to schedule your first appointment. We look forward to working with you and doctor in helping you to improve your diabetes control and feel better!

### MedStar Franklin Square Hospital

9000 Franklin Square Dr.,  
Baltimore, MD 21237  
443-534-7484

### MedStar St. Mary's Hospital

25500 Point Lookout Rd.,  
Leonardtown, MD 21208  
301-475-6019

### MedStar Georgetown University Hospital

3800 Reservoir Rd., NW,  
Washington, DC 20007  
202-444-0856

### MedStar Southern Maryland Hospital Center

7501 Surratts Rd., Suite 304  
Clinton, MD 20735  
301-877-5560

### MedStar Good Samaritan Hospital

**Good Health Center**  
5601 Loch Raven Blvd.,  
Baltimore, MD 21225  
443-444-4193

### MedStar Union Memorial Hospital Diabetes Center

201 E. University Pkwy. #526,  
Baltimore, MD 21218  
410-554-4511

### MedStar Harbor Hospital

3001 South Hanover St.  
Baltimore, MD 21225  
410-350-2555

### MedStar Washington Hospital Center

**Diabetes Pathway Center**  
110 Irving St., NW,  
Washington, DC 20010  
202-877-5403

