

# DIABETES HOME MONITORING PROGRAM

## DIABETES EDUCATION

*Connect with our Diabetes Education Nurses from the comfort of your home!*



Are you new to diabetes and needing information or recently discharged from hospital due to uncontrolled diabetes?

Using your smart phone or our data-enabled tablets, you can receive trusted information from our nurses to help get you on track towards lifestyle changes to manage your diabetes.

**Please call the RCHS Diabetes Education Program for more information on the Home Monitoring Program:**

- Smiths Falls 613-284-2558
- Brockville 613 498-1555
- Toll free 1-877-321-4500

Or visit our website at [www.rideauchs.ca](http://www.rideauchs.ca)



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**Rideau Community  
Health Services**

Your Community Health Centre

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