

2025 Class Dates

Classes are from 5-7 pm on Mondays in Classrooms B&C on the 2nd floor of the South MOB.

Each class session is four weeks long. Please bring a support person.

- Feb 24-Mar 17
- June 9-30
- September 8-29
- November 3-24

Contact Us

Call Jessica Short, MS, RDN, CD, AMFT, CDCES with any questions at 435.781.6874 or email her at jessica.short@lpnt.net.

**“Take care of your body,
it’s the only place you
have to live.”**

- Jim Rohn

Diabetes Education Community Classes



Ashley Regional
MEDICAL CENTER

150W 100 N
Vernal, UT 84078
435.781.6874



Who Is Class For?

If you

- have an A1c of 6.5% or greater
- have been newly diagnosed with Type 2 Diabetes
- or you have been diagnosed with Type 2 for a while but need a review

this class is for you.

Will My Insurance Cover Class?

This class will be billed as G0108 for the individual session and G0109 for the group sessions. You are welcome to call your insurance to see if they cover those codes. We also pre-register participants.

What to Expect

- Your physician will fax a referral to Jessica for Diabetes Education at 435-789-5103.
- Jessica will call to schedule a 90 minute initial assessment prior to the class session you wish to attend.
- Participants will also complete an initial evaluation with a provider from Primary Care. Dr. Barber, Dr. Haws, or Chelsea Roth FNP-C will provide an initial medical evaluation with lab work.
- Once the initial evaluations are done, you are cleared to join us for class.
- Topics include: how and when to check your blood sugar, meal planning, physical activity, mental health, prepping for sick days, and more
- Six months after class you will reschedule with Primary Care to re-check labs.
- Jessica will reach out after labs come back for a 30 minute follow up phone call.

