

DEEPTM Modules

The DEEPTM course has eight (8) modules. These modules cover different topics to help people with diabetes feel more confident and improve their quality of life.

Module 1: Understanding the Human Body

- Learn how the human body works and how diabetes affects it.
- Discover ways to manage and control diabetes to keep your body healthy.

Module 2: Understanding the Risk Factors for Diabetes

- What is diabetes?
- The different types of diabetes
- Symptoms and risks of diabetes
- Start a Weekly Action Plan

Module 3: Monitoring Your Body

- Learn about diabetes diagnosis and understand hypoglycemia and hyperglycemia and ways to control them.
- Learn how to use a glucose meter and understand its benefits.

Module 4: Diabetes and Physical Activity

- The importance of regular physical activity as a method to control diabetes.
- Incorporating physical activity into daily living.

Module 5: Management of Diabetes through Meal Planning

- Understanding meal planning and how to properly manage food portions.
- What are food labels, what they mean, and how to read them.

Module 6: Complications of Diabetes

- Problems that can start from having diabetes
- Knowing the different doctors and healthcare members to visit and when.
- Ways to communicate with your doctors and other healthcare members.

Module 7: Learning About Medications and Medical Care

- Medications to control symptoms of diabetes like hypertension, high cholesterol and triglycerides
- Side effects and other facts about different medications
- Self-Care guides

Module 8: Living with Diabetes Mobilizing Your Family and Friends

- The emotional effects of diabetes like stress and depression
- Your healthcare rights
- Involving family and friends to empower the journey.