



15 Essex Road, Suite 301
Paramus NJ 07652
201-291-6000

DIABETES SELF-MANAGEMENT CLASSES

2021

Session 1	Wednesday, March 3	7-9 PM	Virtually via Microsoft Teams
Session 2	Wednesday, March 10	7-9 PM	Virtually via Microsoft Teams
Session 3	Wednesday, March 17	7-9 PM	Virtually via Microsoft Teams
Session 4	Wednesday, March 24	7-9 PM	Virtually via Microsoft Teams

Session 1	Wednesday, October 20	7-9 PM	Virtually via Microsoft Teams
Session 2	Wednesday, October 27	7-9 PM	Virtually via Microsoft Teams
Session 3	Wednesday, November 3	7-9 PM	Virtually via Microsoft Teams
Session 4	Wednesday, November 10	7-9 PM	Virtually via Microsoft Teams

Valley Home Care is a participating provider with **Medicare** and has insurance contracts with

- **Aetna**
- **Horizon Blue Cross**
- **Oxford**
- **United Health Care**
- **Valley Health System employee’s insurance**

NOTE: In some cases, preauthorization and co-pays are required. Depending on your insurance carrier and based on your benefit and policy limitations, you may be billed for any or all non-covered services or balances.