

- **Receive in-depth education on Diabetes**
such as self-care management skills, foot care advice and dietary advice
- **Face-to-face counselling sessions**
to share and discuss your concerns on Diabetes with a qualified Diabetic nurse
- **Learn how to set achievable targets**
in order to achieve a healthier lifestyle
- **Receive advice and recommended Diabetic tips**
on diet and exercise from the nurse
- **Receive follow up calls**
from the nurse after counselling sessions for ongoing support



BENEFITS

Benefits Of PCN Nurse Counselling

What is done during a nurse counselling session?

- ✓ The nurse will perform a detailed assessment to understand your social history, current lifestyle and dietary habits
- ✓ A detailed diabetic wellness plan will be developed according to your needs
- ✓ You will be taught how to set achievable goals to better manage your condition
- ✓ Useful tips such as how to keep your blood sugar under control, what to do when you have low blood sugar, will be taught
- ✓ You will be given time to discuss your concerns on Diabetes and the nurse will assist you on them



More Information about PCN

Call us at 6566 3311 or email us: enquiry@acumed.com.sg

Can CHAS/PG card holders enjoy their CHAS/PG Subsidies for chronic care?



Click [here](#) for more information

ACUMED MEDICAL GROUP :

- JOO KOON	6861 5755
- TAMAN JURONG	6265 6422
- TEBAN GARDENS	6561 9366
- TUAS AMENITY CENTRE	6861 5996
- JURONG POINT	6792 3822
- WOODLANDS	6362 7789
- BEDOK	6443 8077
- SENGKANG	6385 0113
- RAFFLES PLACE	6532 7766