

# VIRTUAL DIABETES PROGRAM

## YOUR PROGRAM

FOR PATIENTS AND CAREGIVERS

Presented by  
UNIVERSITY HEALTH NETWORK



DELIVERY: COMPUTER/ONSITE  
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# WELCOME

## Welcome

Welcome to our Virtual Diabetes Program. We are glad that you joined us. Our Diabetes, Exercise and Healthy Lifestyle program team is here to help you manage your diabetes and reach your exercise and lifestyle goals. With good control and proper management of diabetes, many complications can be delayed or even prevented. Already we have helped thousands of people take control of their health. We are here for you too.

Your program includes exercise, education, and healthy lifestyle behaviour changes. Our team will work with you to create an exercise program that is safe and effective for you. Your education program includes 16 weekly learning plans that you will work through with the support of your diabetes team. By taking part in your exercise and education program, you will improve your health and gain the knowledge and skills to manage your condition and maintain healthy habits.

Here is what patients have said about the care they receive from our team.

“Thank you very much for changing my life. I have learnt so much and will put to use everything that I have learnt.”

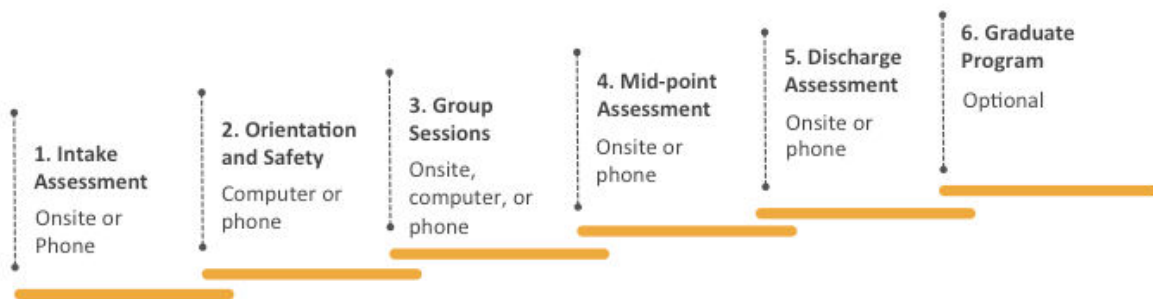
“The program has made a profound difference in my life.”

We look forward to working with you on your journey to better health.

# ABOUT YOUR PROGRAM

## About Your Program

Your diabetes program is 16 weeks long and includes 6 main parts, shown in the picture below.



### 1. Intake Assessment

Our lab staff and program doctor talked to you about your medical history and risk factors for heart disease, did an exercise survey, and started a plan for your care.

You may have come onsite to complete an exercise stress test. This test measures your fitness level. The team will use the information from this test to create an exercise prescription just for you. This prescription will guide you to exercise at a level that is safe and effective for you.

### **2. Orientation and Safety**

This is the first scheduled group session in your program. Use your computer to join a required session to:

- Hear more about your program
- Learn about the rules that both you and our team need to follow to protect against COVID-19
- Learn about the technology being used to deliver group sessions
- Ask questions

### **3. Group Sessions**

There are 12 scheduled group sessions - this includes the Orientation and Safety session. You will attend 4 sessions onsite at 347 Rumsey Road and 8 virtual sessions. During these sessions, your diabetes team will help you create an exercise routine and provide expert advice on exercise and education related to your care.

### **4. Mid-Point Assessment**

Your diabetes team will talk to you about the progress you have made in the program so far. You may come onsite for another exercise stress test.

### **5. Discharge assessment**

Around week 15, you will review your progress with your diabetes team. To see the progress you have made, you may 1) complete an exercise stress test and, 2) repeat a few surveys and questions from the intake assessment so we can compare your numbers from the start and end of your program.

### **6. Graduate Program**

Stay connected to the program with access to education, exercise, and fundraising events after you graduate.



### YOUR DIABETES TEAM

Many team members work together to help you reach your goals in your Diabetes, Exercise, and Healthy Lifestyle program. As the patient, you are the focus of the team.



A Cardiac Rehab Supervisor (CRS) who is also trained in diabetes education and care will lead most of your sessions. Your CRS will:

- Provide you with a safe and effective exercise program
- Provide education to help you make changes to your health habits
- Connect you to other members of our team such as a dietitian, social worker, or psychologist, if needed
- Share your progress in the program with your doctor(s)

All of our CRSs are trained to provide safe and effective exercise programs. They are registered professionals in healthcare areas such as [kinesiology](#), [nursing](#), and [physiotherapy](#).

### **Appointments by Request**

During your program, tell your diabetes team if you would like to talk to a dietitian, social worker, or psychologist. They can help arrange a referral for you.

#### **Meet with a registered dietitian**

Dietitians explain nutrition in terms you can understand and support healthy living for their patients.<sup>1</sup> Dietitians look beyond fads and gimmicks to deliver reliable, life-changing advice just for you. They will help you reach your goals by talking about your needs and helping you solve problems that get in your way.

#### **Meet with a social worker**

Social workers help patients, families, and caregivers cope with the emotional, financial, and practical impact of a condition, such as diabetes.<sup>2</sup> They provide support and counselling and can help you access community services.

#### **Meet with a psychologist**

Psychologists are trained to assess, treat, and prevent behavioural and mental conditions.<sup>3</sup> Our staff psychologist helps patients learn tools to overcome challenges with mood, anxiety, stress, pain, sleep, and trauma that are affecting their management of diabetes.

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<sup>1</sup>[Dietitians of Canada](#)

<sup>2</sup>[About Social Work at UHN](#)

<sup>3</sup>[About Psychology at UHN](#)

### COMMONLY USED WORDS

The list below explains a few important words that are used in our program. If, at any point in the program, you are not sure what something means, please ask your diabetes team. It is important to your safety and progress that we have explained all ideas and instructions clearly. Many medical terms are also explained on our [Diabetes College](#) and [Cardiac College](#) websites.

#### **Program**

**Diabetes, Exercise and Healthy Lifestyle program:** Our diabetes program is an exercise, education, and counselling program to help people prevent or manage diabetes. Our diabetes program can help people manage their condition and improve their health and quality of life.

**Virtual:** in our program, ‘virtual’ refers to the use of phone or computer to complete your diabetes program

**Self-Management:** self-management means you take an active role in your health. Being a self-manager means you 1) know about your health problems, 2) make informed choices about your health, 3) track and manage your symptoms, and 4) find answers and solve problems about your health. The learning plans in this manual provide many tools to help you become a self-manager.



## Medical Terms

**Diabetes:** Diabetes is a disease where you have too much sugar in your blood. If you are living with diabetes, your pancreas may not produce enough insulin or your body may not respond to insulin as it should. Read more about the types of diabetes in the '[Treat Disease](#)' section of Diabetes College.

## Exercise

**[Aerobic Exercise](#):** aerobic exercise is continuous activity using all the major muscle groups. It allows your heart rate to slowly increase to a target rate and keeps it at this level for a period of time. Examples include: walking, cycling, jogging, and swimming

**[Exercise Stress Test](#):** an exercise stress test involves walking on a treadmill or cycling on a stationary bike. You will be attached to an electrocardiogram (ECG) so the lab team can watch how your heart responds to exercise. Your diabetes team uses the information from this test to create a safe and effective exercise program, just for you.

**[Physical Activity](#):** physical activity is any body movement that uses your muscles and requires energy<sup>1</sup> such as recreational activities, household chores, playing, aerobic exercise, and resistance training. Physical activity is not the same as exercise. Exercise is a type of physical activity that is planned and structured.

**[Rating of Perceived Exertion \(RPE\)](#):** the Rating of Perceived Exertion scale (RPE scale) will help you rate how much effort you are using during exercise.

**Resistance Training (RT)**: resistance training is a type of exercise that improves the strength of the muscles in your body. These exercises can be done with different types of equipment such as hand held weights, resistance bands or tubes, exercise machines, or your body weight.

### Education

**Health e-University**: Health e-University is a web-based education platform created by our team. The website provides reliable information that can help you treat your disease, get active, eat healthy, feel well, and take control of your health. Health e-University includes [Diabetes College](#) and [Cardiac College](#).

**THRiVE**: THRiVE is a 12-week education program to help you make small changes each day to be healthier and live the best life you can. Your education program uses the THRiVE videos, action planning tools, and reflection tools as part of your 16-week program.

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<sup>1</sup>WHO <https://www.who.int/news-room/fact-sheets/detail/physical-activity>



# YOUR SAFETY

## Your Safety

Safety is very important to us. We begin every day with a team safety meeting to help ensure the safety of our patients and our team. Safety is one of the 7 central priorities of UHN.

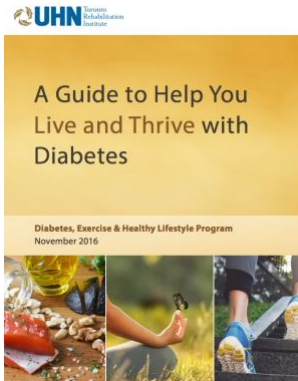
### Safety and COVID-19

During the coronavirus (COVID-19) pandemic, we have added new measures to keep you safe.

- Most (or all) of the program is virtual so you can do your diabetes program from home
- All staff wear the recommended personal protection equipment (PPE)
- We limit how many people can be in the building at one time
- All patients need to wear a mask
- All people need to remain 6 feet (or 2 metres) apart
- We follow all rules put in place by the Ontario government and UHN

## Exercise Safety

There are many resources to help keep you safe while you exercise. Learn more in the '[Exercise Safety](#)' section of the patient guide.



## What if I have questions about my care?

If you have questions about your care, try to work with your diabetes team to address your concerns.

You can contact the front office team by phone 416-597-3422 extension 5200

If you need more help, contact [Patient Relations](#) by phone 416-340-4907 or email: [patientrelations@uhn.ca](mailto:patientrelations@uhn.ca)

Patient Relations is there to support you and hear your questions, complaints, suggestions, or compliments.



# LEARNING PLANS

## Learning Plans

There are 16 learning plans – one for each week of your program. Most of the education will be delivered by your CRS during your group sessions. Some learning plans assign self-learning — learning that you can do at home either before or after your group session.

Your education program is based on THRiVE — a structured education program available on Diabetes College and Cardiac College. THRiVE uses education, goal setting, and action planning to help you make small changes over time to improve your health.

The list below describes the features of your learning plans. All learning plans are 2 pages.

- Delivery: onsite, virtual group session (MS Teams), or self-learning
- Instructions: what to bring to class; reminders to check your email
- Clinical Care Focus: the focus of the discussion with your group
- Learning Focus: video or slide presentation topic
  - Learning Goals
  - Watch a video or slide presentation
  - Learn more at home (optional)
  - Access tools for self-management
- Before the Next Session: tasks to complete before the next session
- Next Week: topic and delivery for the next session

## 16 EDUCATION TOPICS

The education is delivered in a structured order, shown below. Visit the [Health e-University website](#) at any time to learn about topics that are different from the weekly focus.

### Week 1: Virtual Group Session



1. Create a Plan for Change

### Weeks 2 to 5: Onsite Group Sessions



2. Exercise Safety



3. Start an Aerobic Exercise Program



4. Start a Resistance Training Program



5. Sit Less Move More

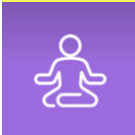
### Weeks 6 to 8: Virtual Group Sessions



6. Health Behaviours to Prevent Long-Term Complications



7. Choose Healthy Foods



8. Manage Depression, Stress and Burnout



**Mid-point: Congratulations! You are half-way done your program.**

### **Weeks 9 to 16: Virtual Group Sessions and Self-Learning**



9. Self-Learning: Develop a Healthy Relationship with Food



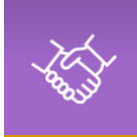
10. Sleep Well



11. Self-Learning: Eat the Mediterranean Way



12. Take Your Medicine



13. Self-Learning: Strengthen Your Social Relationships



14. Choose Health Everyday



15. Self-Learning: Sexual Health



16. Exercise and Weather Safety

**Graduation! You have completed your program.**



# LEARNING PLAN 1

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

**Delivery:** Virtual Group Session (MS Teams)

**Instructions:** Check your email for a link to join the group session

## **Clinical Care Focus:** Orientation

- What the diabetes program is and how it can help you
- What we are doing to keep you safe onsite
- Using MS Teams, Diabetes College and THRiVE

## **Learning Focus:** Create a Plan for Change

Even when you know that a new healthy habit can improve your health, it is not always easy to make a change. This week's learning plan is focused on teaching you the steps to create a plan for change.

### **1. Review the learning goals**

By the end of this learning plan you will know:

- how to choose one behaviour to focus on for the week
- how to create an action plan for the week

### **2. Watch the THRiVE video with your group**





# LEARNING PLAN 1

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

## 3. Learn more from home (optional)

- Talk to your diabetes team
- Diabetes College website: [Goal Setting and Action Planning](#)
- Cardiac College Learn Online Webinar: [Set Goals and Action Plans at Home](#)
- Diabetes Patient Guide: [Take Control](#)
- Get Active Toolbox: [Aerobic Exercise Diary](#)
- Get Active Toolbox: [Measure Your Walking Route](#)

## 4. Access Tools for Self-Management

- [Diabetes College Toolbox](#)

### Before the next session

- ☐ Create a vision and set goals: [Start my plan \(within THRiVE\)](#)
- ☐ Use the THRiVE tool to reflect on your week: [Reflect](#)
- ☐ Get your blood work done (if you have not done so)

### Next week

- ☐ Come onsite to 347 Rumsey Road, Toronto M4G 1R7
- ☐ Topic: Exercise Safety
- ☐ Activity: Aerobic exercise on the indoor track
- ☐ Come ready to exercise: bring your glucometer, a fast acting carbohydrate, running shoes, and a water bottle. Wear clothes you can exercise in.



# LEARNING PLAN 2

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

**Delivery:** Onsite at 347 Rumsey Road, Toronto, ON M4G 1R7

**Instructions:**

- Arrive 15 minutes before your scheduled class time
- Come ready to exercise: bring your glucometer, a fast acting carbohydrate, running shoes, and a water bottle. Wear clothes you can exercise in.

**Clinical Care Focus:** Exercise Safety and an Exercise Trial

- Importance of a warm-up and cool-down
- Symptoms to be aware of and what to do
- Exercise trial on the indoor track

**Learning Focus:** Exercise Safety

Learn what you can do to keep yourself safe and free from injury when you exercise.

**1. Review the learning goals**

By the end of this learning plan you will know:

- how to prevent and treat hypoglycemia
- how to prevent foot injuries
- how to exercise safely when there is a change in weather

**2. Watch the slide presentation with your group**





## LEARNING PLAN 2

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

### 3. Learn more at home (optional)

- Talk to your diabetes team
- Diabetes College website: [Safe Exercise](#)
- Cardiac College Learn Online Webinar: [Exercise In Hot Weather](#)
- Diabetes Patient Guide: [Your Exercise Safety](#)

### 4. Access Tools for Self-Management

- [Heat Safety and Air Quality Index](#)

#### Before the next session

- ☐ Write down any questions you want to ask during the next session
- ☐ [Create your action plan](#) at the start of the week
- ☐ Get your blood work done as soon as possible (if you haven't already)

#### Next week

- ☐ Come onsite to 347 Rumsey Road, Toronto, ON M4G 1R7
- ☐ Topic: Aerobic Exercise / Receive your exercise prescription
- ☐ Activity: Complete your exercise prescription on the indoor track
- ☐ Come ready to exercise: bring your glucometer, a fast acting carbohydrate, running shoes, and a water bottle. Wear clothes you can exercise in.





## LEARNING PLAN 3

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

**Delivery:** Onsite at 347 Rumsey Road, Toronto, ON M4G 1R7

**Instructions:**

- Arrive 15 minutes before your scheduled class time
- Come ready to exercise: bring your glucometer, a fast acting carbohydrate, running shoes, and a water bottle. Wear clothes you can exercise in.

### **Clinical Care Focus:** Aerobic Exercise on the Track

- Stretching routine
- Complete your exercise prescription

### **Learning Focus:** Start an Aerobic Exercise Program

Starting and maintaining an exercise program is an important habit to help you manage your blood sugar. This week's learning plan is focused on helping you to start an exercise program, even if you have never been active before.

#### **1. Review the learning goals**

By the end of this learning plan you will know:

- what aerobic exercise is
- how to plan for exercise
- the benefits of aerobic exercise
- how to exercise safely

#### **2. Watch the THRiVE video with your group**







## LEARNING PLAN 3

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

### 3. Learn more at home (optional)

- Talk to your diabetes team
- Diabetes College website: [Aerobic Exercise](#)
- Cardiac College Learn Online Webinar: [Exercise Safely](#)
- Diabetes Patient Guide: [Getting Active and Starting an Exercise Program](#)
- Diabetes THRiVE: [Start an Aerobic Exercise Program](#)

### 4. Access Tools for Self-Management

- [Tools and Resources for Getting Active](#)

#### Before the next session

- ☐ [Create your action plan](#) at the start of the week
- ☐ Complete your [Exercise Diary](#)
- ☐ Use THRiVE to complete your reflection: [Reflect](#)

#### Next week

- ☐ Come onsite to 347 Rumsey Road, Toronto, ON M4G 1R7
- ☐ Topic: Start a Resistance Training Program
- ☐ Activity: Resistance Training
- ☐ Come ready to exercise: bring your glucometer, a fast acting carbohydrate, running shoes, and a water bottle. Wear clothes you can exercise in.



# LEARNING PLAN 4

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

**Delivery:** Onsite at 347 Rumsey Road, Toronto, ON M4G 1R7

**Instructions:**

- Arrive 15 minutes before your scheduled class time
- Come ready to exercise: bring your glucometer, a fast acting carbohydrate, running shoes, and a water bottle. Wear clothes you can exercise in.

## Clinical Care Focus: Resistance Training

- Review of your exercise details from last week
- Introduction to resistance training
- Stretching routine

## Learning Focus: Start a Resistance Training Program

Resistance training is an important part of a well-balanced exercise program.

Increasing muscle strength and endurance helps to increase your fitness and this helps manage and prevent diabetes.

### 1. Review the learning goals

By the end of this learning plan you will know:

- what resistance training is
- the benefits of resistance training
- how to do resistance training safely

### 2. Watch the THRiVE video with your group





## LEARNING PLAN 4

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

### 3. Learn more at home (optional)

- Talk to your diabetes team
- Diabetes College website:
  - [What is Resistance Training?](#)
  - [Resistance Training Video Gallery](#)
- Cardiac College Learn Online Webinars:
  - [Resistance Training at Home](#)
  - [Live Resistance Training Session \(1\)](#) and [Session \(2\)](#)
- Diabetes College Patient Guide: [Types of Exercise](#)

### 4. Access Tools for Self-Management

- [Tools for Getting Active](#)

#### Before the next session

- ☐ [Create your action plan](#) at the start of the week
- ☐ Complete your [Exercise Diary](#)
- ☐ Use THRIVE to complete your reflection: [Reflect](#)

#### Next week

- ☐ Come onsite to 347 Rumsey Road, Toronto, ON M4G 1R7
- ☐ Topic: Sit Less, Move More
- ☐ Activity: Resistance Training
- ☐ Come ready to exercise: bring your glucometer, a fast acting carbohydrate, running shoes, and a water bottle. Wear clothes you can exercise in.



# LEARNING PLAN 5

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

**Delivery:** Onsite at 347 Rumsey Road, Toronto, ON M4G 1R7

**Instructions:**

- Arrive 15 minutes before your scheduled class time
- Come ready to exercise: bring your glucometer, a fast acting carbohydrate, running shoes, and a water bottle. Wear clothes you can exercise in.

## Clinical Care Focus: Resistance Training

- Review of your exercise details from last week
- Learn your resistance training program
- Stretching routine

## Learning Focus: Sit Less, Move More

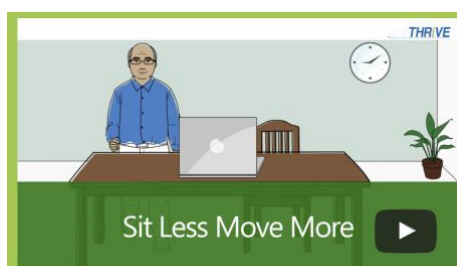
Sitting for long periods of time increases the chance you will develop diabetes, heart disease, and certain cancers. This week's learning plan is focused on coaching you through sitting less and moving more throughout your day.

### 1. Review the learning goals

By the end of this learning plan you will know:

- how sitting too much affects your health
- ways to sit less during the day

### 2. Watch the THRiVE video with your group







## LEARNING PLAN 5

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

### 3. Learn more at home (optional)

- Talk to your diabetes team
- Diabetes College website: [Sit Less, Move More](#)
- Cardiac College Learn Online Webinar: [Exercise and Living with Diabetes](#)
- Diabetes Patient Guide: [Getting Active and Starting an Exercise Program](#)

### 4. Access Tools for Self-Management

- [Tools and Resources for Getting Active](#)

#### Before the next session

- ☐ [Create Your Action Plan](#) at the start of the week
- ☐ Complete your [Exercise Diary](#)
- ☐ [Reflect](#) on your week
- ☐ Book your mid-point exercise stress test for week 8 of your program

#### Next week

- ☐ Virtual group session
- ☐ Topic: Health Behaviours to Prevent Long-Term Complications



# LEARNING PLAN 6

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

**Delivery:** Virtual Group Session (MS Teams)

**Instructions:** Check your email for a link to join the group session

## Clinical Care Focus: Exercise and Risk Factors

- Review of your exercise details from last week
- Learn more about risk factors that increase the chance that you will get diabetes or that your diabetes will get worse
- Discuss the health behaviours that can help manage your risk factors

## Learning Focus: Health Behaviours to Prevent Long-Term Problems with Diabetes

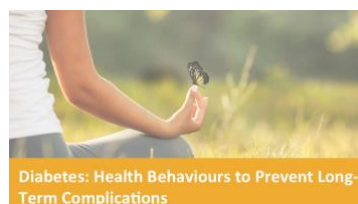
Having high blood sugar can damage your body and lead to many health problems. Learn about health behaviour changes that you can make to manage your diabetes and improve your health.

### 1. Review the learning goals

By the end of this learning plan you will know:

- the health problems that can happen if your diabetes is not managed
- health behaviours that can prevent or delay these health problems

### 2. Watch the recorded webinar 'Diabetes: Health Behaviours to Prevent Long-Term Complications' with your group







## LEARNING PLAN 6

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

### 3. Learn more at home (optional)

- Talk to your diabetes team
- Cardiac College Patient Guide: [Health Problems with Diabetes](#)

### 4. Access Tools for Self-Management

[Exercise Blood Sugar \(Glucose\) Diary](#)

#### Before the next session

- ☐ [Create Your Action Plan](#) at the start of the week
- ☐ Complete your [Exercise Diary](#)
- ☐ [Reflect](#) on your week
- ☐ Book an appointment with your doctor to talk about your risk factor profile and how often to have your eyes, feet, blood pressure, and blood work checked
- ☐ Book your mid-point exercise stress test for week 8 of your program (if you haven't already)

#### Next week

- ☐ Virtual group session
- ☐ Topic: Choose Healthy Foods



# LEARNING PLAN 7

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

**Delivery:** Virtual Group Session (MS Teams)

**Instructions:** Check your email for a link to join the group session

## Clinical Care Focus: Exercise and Risk Factors

- Review of your exercise details from last week
- Discuss barriers to exercise and problem solve
- Discuss ways to manage and monitor your risk factors

## Learning Focus: Choose Healthy Foods

Knowing how the foods you eat affect your blood sugar can help you create health, balanced meals. This week's learning plan is focused on helping you eat healthy to manage your blood sugar and prevent problems caused by diabetes.

### 1. Review the learning goals

By the end of this learning plan you will know:

- types of foods that can help you manage your blood sugar
- how to use a nutrition facts table to choose healthy foods

### 2. Watch the THRiVE video with your group





## LEARNING PLAN 7

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

### 3. Learn more at home (optional)

- Talk to your diabetes team
- Diabetes College website:  
[Eat Healthy](#)  
[Making Healthy Food Choices](#)
- Cardiac College Learn Online Webinar:  
[Eating Well to Manage Your Blood Sugar](#)
- Diabetes Patient Guide: [Nutrition Basics](#)
- Cardiac College: [THRIVE - Choose Healthy Foods](#)

### 4. Access Tools for Self-Management

- Use the [nutrition facts table](#) to choose healthy food

#### Before the next session

- ☐ Create your [action plan](#) at the start of the week
- ☐ Complete your [Exercise Diary](#)
- ☐ Book your exercise stress test for week 8 (if you haven't already)
- ☐ [Reflect](#) on your week

#### Next week

- ☐ Virtual group session
- ☐ Topic: Manage Depression, Stress and Burnout



# LEARNING PLAN 8

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

**Delivery:** Virtual Group Session (MS Teams)

**Instructions:** Check your email for a link to join the group session

## Clinical Care Focus: Exercise and Risk Factors

- Review of your exercise details from last week
- Discuss barriers to exercise and problem solve
- Discuss ways to manage and monitor your risk factors

## Learning Focus: Manage Depression, Stress, and Burnout

Trying to manage your diabetes every day can decrease your emotional health. Depression, stress, and burnout are common in people living with diabetes. This week's learning plan is focused on teaching you to identify these common feelings and provides techniques to help you feel in charge of your health.

### 1. Review the learning goals

By the end of this learning plan you will know:

- what depression, stress, and burnout are
- techniques you can try to help you feel in charge of your health

### 2. Watch the THRiVE video with your group





## LEARNING PLAN 8

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

### 3. Learn more at home (optional)

- Talk to your doctor or diabetes team
- Diabetes College website: [Stress, Anxiety, and Depression](#)
- Diabetes College website: [Avoid Burnout](#)
- Cardiac College Learn Online Webinar: [Coping with Stress, Anxiety and Depression](#)
- Diabetes Patient Guide: [Sleep, Stress, Anxiety, and Depression](#)

### 4. Access Tools for Self-Management

- [Tools and Resources to help you manage anxiety and depression](#)

#### Before the next session

- ☐ [Complete your action plan](#) at the start of the week
- ☐ Complete your [Exercise Diary](#)
- ☐ [Reflect](#) on your week
- ☐ Consider signing up for a psychosocial orientation session

#### Next week

- ☐ Self-Learning – no group session
- ☐ Topic: Develop a Healthy Relationship with Food



## LEARNING PLAN 9

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

**Delivery:** Self-Learning (no group session)

**Instructions:** Check your email for information from your diabetes team

### Clinical Care Focus: Mid-Point Progress Assessment

- Your diabetes team will contact you to review your assessment
- Continue with your exercise program this week. Do not exercise on the day of your assessment. Record the details of your exercise prescription on your exercise diary.

### Learning Focus: Develop a Healthy Relationship with Food

How you eat is just as important as what you eat. This week's learning plan is focused on teaching you how to eat mindfully and intuitively for better health.

#### 1. Review the learning goals

By the end of this learning plan you will know:

- the importance of paying attention to flavour, texture, and your surroundings when you eat
- ways to eat with more pleasure and know when you are full

#### 2. Watch the THRiVE video







## LEARNING PLAN 9

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

### 3. Learn more at home (optional)

- Talk to your diabetes team
- Diabetes College website: [Mindful and Intuitive Eating](#)
- Cardiac College Learn Online Webinar: [Mindful Eating](#)
- Diabetes Patient Guide: [Mindful Eating and Intuitive Eating](#)

### 4. Access Tools for Self-Management

- Assess your hunger using the [hunger scale](#)
- [Tools and Resources for Healthy Eating](#)

#### Before the next session

- ☐ Create your [action plan](#) at the start of the week
- ☐ Complete your [Exercise Diary](#)
- ☐ [Reflect](#) on your week

#### Next week

- ☐ Virtual group session
- ☐ Topic: Sleep Well



# LEARNING PLAN 10

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

**Delivery:** Virtual Group Session (MS Teams)

**Instructions:** Check your email for a link to join the group session

## Clinical Care Focus: Exercise and Risk Factors

- Review of your exercise details from last week
- Discuss barriers to exercise and problem solve
- Discuss ways to manage and monitor your risk factors

## Learning Focus: Sleep Well

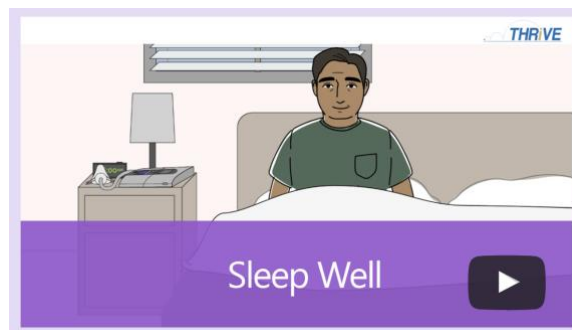
Getting a good night sleep is linked to better health and can improve how you feel. This week's learning plan is focused on helping you create an action plan to sleep better.

### 1. Review the learning goals

By the end of this learning plan you will know:

- what might be stopping you from sleeping well
- the signs of sleep apnea

### 2. Watch the THRiVE video with your group





# LEARNING PLAN 10

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

## 3. Learn more at home (optional)

- Talk to your doctor or diabetes team
- Diabetes College website: [Sleep](#)
- Cardiac College Learn Online Webinar: [Sleeping Well for Better Heart Health](#)
- Diabetes Patient Guide: [Sleep, Stress, Anxiety and Depression](#)

## 4. Access Tools for Self-Management

- Tell your diabetes team if you would like an appointment with the social worker or psychologist
- Review some [tips to get a better sleep](#)

### Before the next session

- ☐ [Complete your action plan](#) at the start of the week
- ☐ Complete your [Exercise Diary](#)
- ☐ [Reflect](#) on your week
- ☐ If you would like your blood work results included in your final (discharge) profile, plan to get your blood work done by week 13 of your program

### Next week

- ☐ Self-Learning – no group session
- ☐ Topic: Eat the Mediterranean Way



# LEARNING PLAN 11

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

**Delivery:** Self-Learning (no group session)

**Instructions:** Check your email for information from your diabetes team

## Clinical Care Focus: Reflect on Your Needs

- Tell your diabetes team if you would like an appointment with the dietitian
- Consider joining a psychosocial orientation session if you have not already done so. Once you join the orientation session you can access workshops on stress management on how to sleep better

## Learning Focus: Eat the Mediterranean Way

Learn about the Mediterranean heart healthy eating pattern. Get tips on making healthy choices and including more whole foods in your diet.

### 1. Review the learning goals

By the end of this learning plan you will know:

- what foods to include in a heart healthy eating pattern
- how to include more whole foods in your eating

### 2. Watch the THRiVE video





# LEARNING PLAN 11

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

## 3. Learn more at home (optional)

- Talk to your diabetes team
- Diabetes College website: [The Mediterranean Diet Pattern](#)
- Cardiac College Learn Online: [Heart Healthy Ways of Eating](#)
- Diabetes Patient Guide: [Cholesterol, Triglycerides, and the Mediterranean Diet Pattern](#)

## 4. Access Tools for Self-Management

- [Tools and Resources for Healthy Eating](#)
- [Are you eating the Mediterranean Way?](#)

### Before the next session

- ☐ Create your [action plan](#) at the start of the week
- ☐ Complete your [Exercise Diary](#)
- ☐ Complete the [Mediterranean Diet Score](#)
- ☐ [Reflect](#) on your week
- ☐ If you would like your blood work results included in your final (discharge) profile, plan to get your blood work done by week 13 of your program

### Next week

- ☐ Virtual group session
- ☐ Topic: Take Your Medicine



# LEARNING PLAN 12

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

**Delivery:** Virtual Group Session (MS Teams)

**Instructions:** Check your email for a link to join the group session

## Clinical Care Focus: Exercise and Risk Factors

- Review of your exercise details from last week
- Discuss barriers to exercise and problem solve
- Discuss ways to manage and monitor your risk factors

## Learning Focus: Take Your Medicine

Research says that taking your diabetes medicines regularly as prescribed will help prevent or delay some of the serious health problems related to diabetes. This week's learning plan will coach you through understanding your diabetes medicines and why it is important to take them regularly as prescribed by your doctor. You will also learn which medicines are likely to cause low blood sugar and how to prevent it.

### 1. Review the learning goals

By the end of this learning plan you will know:

- common diabetes medicines and how they help you
- who can help you manage side effects and answer your questions

### 2. Watch the THRiVE video with your group







# LEARNING PLAN 12

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

## 3. Learn more at home (optional)

- Talk to your doctor or diabetes team
- Diabetes College website: [Diabetes Medicines](#)
- Cardiac College Learn Online Webinar: [Taking Your Diabetes Medicines](#)
- Diabetes Patient Guide: [Diabetes Medicines](#)

## 4. Access Tools for Self-Management

- Make an appointment with your doctor or pharmacist to talk about your medicines. Prepare for your doctor visits using the [PACE Guide Sheet](#)
- Record your medicines in the [My Diabetes Medicines tool](#)
- MedsCheck [personal medication record](#)

### Before the next session

- ☐ [Complete your action plan](#) at the start of the week
- ☐ Complete your [Exercise Diary](#)
- ☐ [Reflect](#) on your week
- ☐ If you would like your blood work results included in your final (discharge) profile, plan to get your blood work done by week 13 of your program
- ☐ Book a discharge exercise stress test. Book it for no later than week 15

### Next week

- ☐ Self-Learning – no group session
- ☐ Topic: Strengthen Your Social Relationships



# LEARNING PLAN 13

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

**Delivery:** Self-Learning (no group session)

**Instructions:** Check your email for information from your diabetes team

## Clinical Care Focus: Continue to Exercise

- Continue with your exercise program this week. Record the details of your exercise sessions on your exercise diary

## Learning Focus: Strengthen Your Social Relationships

Learning to manage your diabetes can be stressful and lonely. Having social relationships can help you cope better and reduce stress. This week's learning plan is focused on creating and valuing healthy, positive relationships to improve your health.

### 1. Review the learning goals

By the end of this learning plan you will know:

- how social relationships can improve your health
- how diabetes can affect sex and intimacy
- techniques to create healthy relationships

### 2. Watch the THRiVE video





## LEARNING PLAN 13

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

### 3. Learn more at home (optional)

- Talk to your doctor or diabetes team
- Diabetes College website:  
[Build Healthy Relationships](#)  
[Your Sexual Health](#)
- Diabetes Patient Guide: [A Healthy Relationship](#)

### 4. Access Tools for Self-Management

- Tips on [building healthy relationships](#)

#### Before the next session

- ☐ Create your [action plan](#) at the start of the week
- ☐ Complete your [Exercise Diary](#)
- ☐ [Reflect](#) on your week
- ☐ Consider booking a discharge exercise stress test. Book it for no later than week 15

#### Next week

- ☐ Virtual group session
- ☐ Topic: Choose Health Everyday



# LEARNING PLAN 14

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

**Delivery:** Virtual Group Session (MS Teams)

**Instructions:** Check your email for a link to join the group session

## Clinical Care Focus: Exercise and Risk Factors

- Review of your exercise details from last week
- Discuss barriers to exercise and problem solve
- Discuss ways to manage and monitor your risk factors

## Learning Focus: Choose Health Everyday

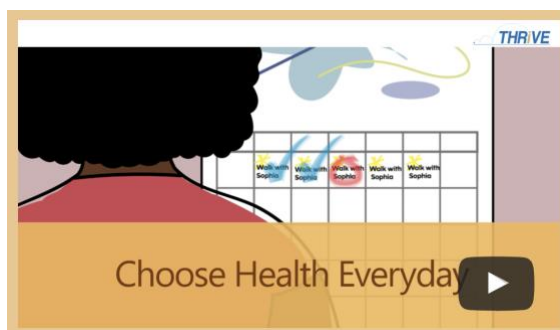
Each day you can make choices that support your journey to better health. Relapse from a healthy habit back to an unhealthy habit is common. Getting back on track will take hard work and courage, but you can do it. This week's learning plan is focused on coaching you through how to maintain your healthy habits.

### 1. Review the learning goals

By the end of this learning plan you will know:

- how to maintain your healthy habits
- what to do if you stop your healthy habit

### 2. Watch the THRiVE video with your group





# LEARNING PLAN 14

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

## 3. Learn more at home (optional)

- Talk to your doctor or diabetes team
- Diabetes College website: [Problem Solving](#)
- Diabetes Patient Guide: [Vision, Goals, and Action Plans](#)

## 4. Access Tools for Self-Management

- Visit the [‘After THRiVE section’](#) on the Diabetes College website to find tools to help you maintain your healthy habits

### Before the next session

- ☐ [Complete your action plan](#) at the start of the week
- ☐ Book your exercise stress test
- ☐ Complete your [Exercise Diary](#)
- ☐ [Reflect](#) on your week
- ☐ Book a discharge exercise stress test. Book it for no later than week 15

### Next week

- ☐ Self-Learning – no group session
- ☐ Topic: Sexual Health



# LEARNING PLAN 15

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

**Delivery:** Self-Learning (no group session)

**Instructions:** Check your email for information from your diabetes team

## Clinical Care Focus: Final Discharge Assessment

- Your diabetes team will contact you to review your final assessment
- Continue with your exercise program this week. Do not exercise on the day of your assessment. Track your exercise sessions on your exercise diary

## Learning Focus: Sexual Health

All healthy relationships need respect, sharing, and trust. In a romantic relationship, intimacy and sexuality are also important. Having diabetes can cause problems with your sexual intimacy. This week's learning plan is focused on how diabetes can affect your sexual intimacy and what you can do to improve it.

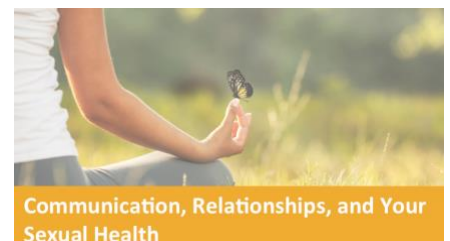
### 1. Review the learning goals

By the end of this learning plan you will know:

- ways to communicate better with your family
- what you can do to help improve your sexual intimacy

### 2. Watch the recorded webinar:

Communication, Relationships, and Your Sexual Health  
(webinar is available in the April live events calendar on Diabetes College)



Communication, Relationships, and Your Sexual Health





# LEARNING PLAN 15

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

## 3. Learn more at home (optional)

- Talk to your doctor or diabetes team
- Diabetes College website: [Build Healthy Relationships](#)
- Diabetes Patient Guide: [A Healthy Relationship](#)

## 4. Access Tools for Self-Management

- Tips on [communicating](#) your feelings
- What [you can do](#) to help your sexual intimacy

### Before the next session

- ☐ Create your [action plan](#) at the start of the week
- ☐ Complete your [Exercise Diary](#)
- ☐ [Reflect](#) on your week

### Next week

- ☐ Virtual group session (last session)
- ☐ Topic: Exercise and Weather Safety and Graduation



# LEARNING PLAN 16

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

**Delivery:** Virtual Group Session (MS Teams)

**Instructions:** Check your email for a link to join the group session

## Clinical Care Focus: Exercise and Graduate Resources

- Review of your exercise details from last week
- Discuss barriers to exercise and problem solve
- Learn where to find graduate resources
- Discuss motivation to maintain your healthy habits

## Learning Focus: Exercise and Weather Safety

Hot and cold weather conditions can affect how your body responds to exercise.

Learn what tools you can use to help you decide if it's safe for you to exercise outdoors.

### 1. Review the learning goals

By the end of this learning plan you will know:

- how your body may respond to a change in weather
- how to exercise safely when there is a change in weather

### 2. Watch the slide presentation with your group





# LEARNING PLAN 16

MY DIABETES PROGRAM  
SMALL CHANGES FOR BETTER HEALTH

## 3. Learn more at home (optional)

- Talk to your diabetes team
- Diabetes College website:  
[Exercise and Hot Weather](#)  
[Exercise and Cold Weather](#)
- Cardiac College Learn Online Webinar: [Exercise In Hot Weather](#)
- Diabetes Patient Guide: [Your Exercise Safety](#)

## 4. Access Tools for Self-Management

- [Heat Safety and Air Quality Index](#)
- Visit the '[After THRiVE section](#)' on the Health e-University website to find tools to help you maintain your healthy habits.

## Maintain Your Healthy Habits

- ☐ [Complete your action plan](#) at the start of each week
- ☐ Complete an [Exercise Diary](#)
- ☐ [Reflect](#) on your week
- ☐ Continue to access [Diabetes College](#)



**Congratulations on your graduation!** It takes a lot of hard work to get here. We wish you the very best on your journey to better health.



# TECHNOLOGY

## Technology

Technology has allowed us to connect with patients and co-workers when being together is not easy or possible. Your virtual program uses MS Teams, Internet, and phone to deliver a complete diabetes program. Most of your education resources can be found on our [Health e-University](#) website. Posting resources on the website means you always have access to reliable information even after your program ends.

We understand that while technology helps us connect, it also comes with challenges. Tell your diabetes team if you need help joining group sessions, finding resources on the website, or using THRiVE. We are here to support you.

## MS TEAMS

MS Teams is the video conferencing platform that we are using to deliver your virtual group sessions. MS Teams is free software that is secure, private, and confidential. You received instructions on using MS Teams when you started the program. **Your CRS will send an email to invite you to the virtual group sessions.**

### Equipment

Check if you have the right equipment before you join a virtual group session.

- ☐ A device to watch the presentation: use a desktop computer, laptop, smartphone (iPhone or Android), or tablet (iPad or Android)
- ☐ A microphone so others can hear you: use the microphone built into your device, a headset, or call in by phone
- ☐ Speakers so you can hear others: use the speakers built into your device, external speakers, a headset, or call in by phone
- ☐ A camera if you want others to see you: use the camera built into your device or an external webcam
- ☐ A private and stable internet connection

### Software

Check if you have the right software before you join a virtual group session.

- ☐ MS Teams app downloaded onto your device
- ☐ If you choose to use your internet browser, use: Internet Explorer 11, Microsoft Edge, the latest version of Chrome, or the latest version of Firefox

## DIABETES COLLEGE

Diabetes College (<http://www.diabetescollege.ca>) is a web-based patient education platform built by the Toronto Rehab team. The college is founded on five pillars - Treat Heart Disease, Get Active, Eat Healthy, Feel Well, and Take Control of Your Health.

Access all resources on this website for free during and after your program.



### Treat Diabetes

- [What is Diabetes](#)
- [Health Problems with Diabetes](#)
- [Diabetes Medicines](#)
- [Check Your Blood Sugar](#)
- [Manage Your Blood Sugar](#)
- [Your Healthy Targets](#)
- [Tools and Resources](#)

### Get Active

- [Active Living](#)
- [Aerobic Exercise](#)
- [Resistance Training](#)
- [Safe Exercise](#)
- [Exercising with Health Issues](#)
- [Tools and Resources](#)

### Eat Healthy

- [Nutrition Basics](#)
- [Fibre](#)
- [Cholesterol and Triglycerides](#)
- [Sodium](#)
- [Read Food Labels](#)
- [Recipes](#)
- [Tools and Resources](#)
- [Making Healthy Food Choices](#)

### Feel Well

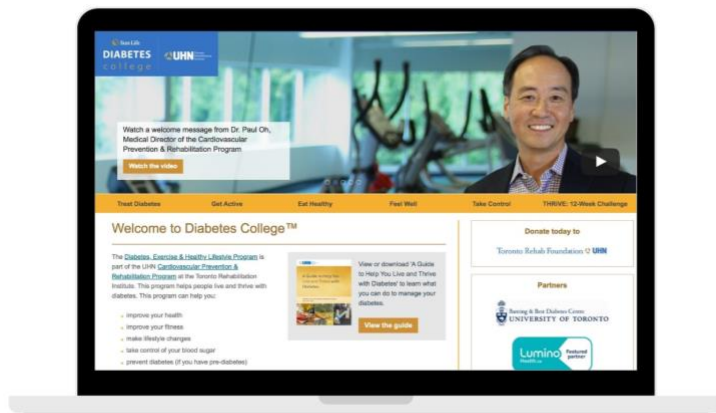
- [Avoid Burnout](#)
- [Sleep](#)
- [Stress, Anxiety and Depression](#)
- [Relationships](#)
- [Tools and Resources](#)

### Take Control

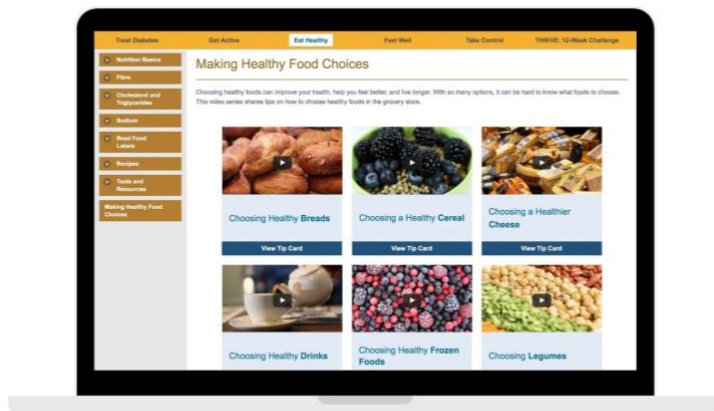
- [Set Goals and Build Action Plans](#)
- [Get Support](#)
- [Your Healthy Targets](#)
- [Tools and Resources](#)



## Diabetes College Homepage

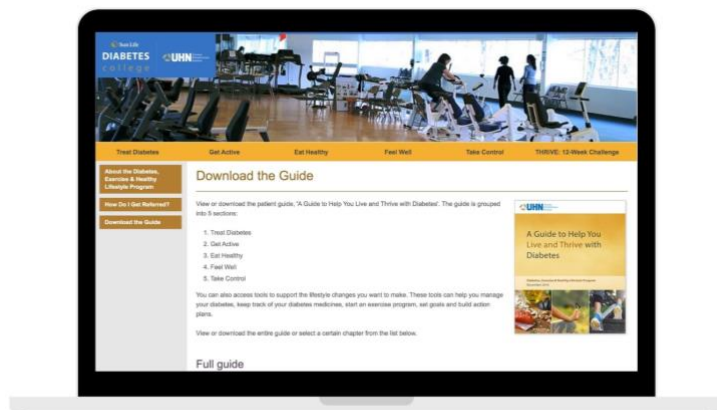


[DiabetesCollege.ca](https://DiabetesCollege.ca) allows users from around the globe to have free access to the material that includes recipes and nutrition videos, resistance training videos, and tools to support self-management.



Some of the information on this website includes:

- [Resistance Training Exercises](#)
- [Recipes](#)
- [Making Healthy Food Choices videos](#)



***A Guide to Help You Live and Thrive with Diabetes*** is available for free download on the Diabetes College website ([here](#)). This guide was developed by our healthcare team working closely with patient partners. The guide is available in 3 languages.

## THRIVE

THRiVE is a 12-week education program designed to help you make small changes over time to improve your health. Your education program uses the THRiVE videos, action planning tools, and reflection tools as part of your 16-week program. THRiVE includes topics from all 5 pillars of Diabetes College.

### How do I access and use THRiVE?

You can access THRiVE from any page on Diabetes College. Follow the 5 steps below to use all features of this education program.



#### Step 1

At the start of each week, choose a topic to learn based on your learning plans.



#### Step 2

Watch the video to **learn** what small changes you can make.



#### Step 3

Go to the **Plan Tab** to create your weekly action plan



#### Step 4

Do your action plan for the week.



#### Step 5

Return to the website at the end of the week and use the **Reflect** section to review your plan



## How do I save or print the action plan and reflection?

1. When you are done your action plan, click 'Save or Print My Action Plan (shown in the image below)

You are ready to visit the **DO** section of this weekly challenge. Save or print your action plan before you leave this screen.

**Save or Print My Action Plan**

2. A pdf of your action plan will open. There are two ways to save the file

A. Select File → Save as

- Choose where you want to save your action plan on your computer
- Choose a title for your file
- Click save

OR

B. Hover your mouse over your action plan. The image below may appear. Click on the icon on the right (image of arrow and computer) to save your file.

- Some computers download the file automatically. Check your downloads folder after you click the download icon



**UNIVERSITY HEALTH NETWORK  
TORONTO REHAB  
PETER MUNK CARDIAC CENTRE**

CARDIOVASCULAR PREVENTION &  
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