



FlexIT

Flexible Insulin Therapy – Two-day course

Diabetes Management for People with Type 1 Diabetes

FlexIT is a two-day program that aims for you to learn how to best match your insulin dose to your food and lifestyle. Each small group is presented by an experienced Diabetes Educator and Dietitian who provides practical advice and personalised feedback.

Topics include:

- Insulin adjustment for food and physical activity
- Carbohydrate counting, including practical activities
- Diabetes health targets and checks
- Hypoglycaemia, hyperglycaemia and sick day management

Dates and location

Contact Black Swan Health for information about the dates and location of the next upcoming program.

Cost

Fee: \$125
\$ 75 concession

Fees include a copy of the FlexIT booklet to support learning. Each registered participant is welcome to attend with one family member or support person at no extra charge.

Concession fees are offered to holders of government health care cards and government pension cards only. If you are experiencing financial hardship please discuss this with our team member when they call to confirm your booking.



All attendees will receive the Smart Abbott Libre meter and 2 sensors free of charge (valued at \$300)

Registration

To register your interest simply go to blackswanhealth.com.au/flexit or call the Chronic Conditions team on 9201 0044.

Once your registration has been confirmed we will advise you of the payment process. Payment is required within one week of confirmation. Payment is not transferable or refundable if less than one week notice of cancellation is provided or upon failure to attend on the scheduled dates.