

Call the Diabetes Services Team nearest you.

If there isn't a Diabetes Services Team in your community, you may be able to link with the team by way of telehealth.

Ask us for the details.



- 1 Bay St. George**
(709) 643-5111
Extension 458
- 2 Bonne Bay**
(709) 458-2211
Extension 260
- 3 Burgeo**
(709) 886-1550
- 4 Corner Brook**
(709) 637-5388
- 5 Deer Lake**
(709) 635-7830
(709) 635-7831
- 6 Port Saunders**
(709) 861-9126
Extension 44
- 7 Port aux Basques**
(709) 695-6285



Our Vision

The vision of Western Health is that the people of Western Newfoundland have the highest level of health and well being possible - Your Health Our Priority.

Managing Diabetes



Gerald, Corner Brook

*"I made a plan. It wasn't easy...
But I did it. So can you."*

Regional Diabetes Services



Managing your Diabetes is not easy, but it's worth it.

Find out how you can make a plan to manage your diabetes.

Have you:

- Been diagnosed with prediabetes, diabetes or gestational diabetes?
- Been prescribed a new diabetes medication?
- Recently started using insulin?

Is your:

- Morning sugar often above 7mmol/L?
- Has a healthcare provider told you your hemoglobin A1C was high?

Would you like to learn how to better manage your diabetes?

Your Diabetes Services Team can help you:

- Understand diabetes and how it affects your body.
- Learn how to prevent complications and stay healthy.
- Set goals for a healthy lifestyle.
- Link with supports and resources in your community to help you eat well, be active, and manage your diabetes.
- Get started with using insulin or an insulin pump.

We offer group and individual services for anyone with diabetes. You are welcomed to bring along a friend or family member with you.

We will work with you and your healthcare team. A doctor's referral is not required for most services.

Just call the Diabetes Services Team nearest you to get started!

