

THE HARMON DIABETES CENTER HELPS  
THEM KEEP THEIR A1C UNDER CONTROL.



**ED ROBINSON**  
Networking Technician  
U.S. Postal Service

I can't imagine having diabetes and not participating in education. The Harmon Diabetes Center staff does a great job of explaining things so everyone can understand.

During the weeks after I was diagnosed and before I went to the Harmon Diabetes Center, I was guessing what I should be doing. They take the guesswork out of diabetes.



**ARMIDA OLSON**  
Registered Nurse



**ERIN SMITH**  
Architectural Engineer  
Henderson Engineers, Lenexa, Kansas

The Harmon Diabetes Center staff is not only knowledgeable but cares. Everybody there has either been through what you're going through or knows what you're going through. It's a very supportive atmosphere.

They explained how to use my blood glucose meter and my needles. Most of all, I learned how to eat. I didn't know all the foods that could turn to sugar. The Harmon Diabetes Center has changed my life.



**ARTIS GUESS**  
Proud Grandma



2188 E. Meyer Boulevard  
Kansas City, MO 64132

*Address Correction Requested*

# HARMON DIABETES CENTER



EDUCATION

SELF-CARE SKILLS

CONTROL

FREEDOM



STEPPING STONES TO LIVING WELL

# HARMON DIABETES CENTER

The A1 Place to Control Your A1C for an A1 Life

## WHAT IS A1C AND WHY IS IT SO IMPORTANT?

A1C is a lab test that tells you whether your diabetes is under control. When your A1C is under seven percent, life is good. With your A1C in the normal range and weight down, you feel better because you have the energy to do what you want. In addition, you have a good chance of avoiding diabetes-related problems.

## THE HARMON DIABETES CENTER IS HERE TO HELP YOU REACH YOUR GOAL.

We provide you with the EDUCATION, SELF-CARE SKILLS and confidence to keep your diabetes under CONTROL, giving you the FREEDOM to live life to its fullest.

The Center serves people seventeen or older with Type 1, Type 2 or gestational diabetes, their families, caretakers and friends on an individual basis, as well as in classes and support groups.

## YOU GET PROVEN RESULTS AT THE HARMON DIABETES CENTER.

Among those completing our six-week program:

- 71 percent lost weight.
- 83 percent lowered their A1C below 7 percent.
- 100 percent are satisfied and would recommend the program to others.

## QUALITY, CONVENIENCE AND SUPPORT ARE OUR TOP PRIORITIES.

The Harmon Diabetes Center is conveniently located with free parking on the campus of Research Medical Center, with satellite offices in the Northland at 101 N.W. Engelwood Road and at 5501 N.W. 62nd Terrace. It was one of the first diabetes education centers to receive American Diabetes Association Education program recognition in 1989.

## THE CENTER PROVIDES THE KNOWLEDGE AND TOOLS TO CHANGE THE COURSE OF YOUR DIABETES

- DIABETES TRUTHS AND MYTHS
- MEAL PLANNING
- PHYSICAL ACTIVITY
- MEDICINE OPTIONS
- BLOOD SUGAR MONITORING
- REDUCING RISKS
- ACCESSING MEDICAL CARE AND SUPPLIES
- LIFETIME SELF-MANAGEMENT SKILLS
- SUPPORT GROUPS
- INSULIN PUMPS, PENS AND DEVICES
- WEIGHT LOSS CLASSES

Our instructors include registered nurses and dietitians who are Certified Diabetes Educators. The Center also provides blood glucose checks, blood pressure checks, weight checks, and, of course, A1C lab tests.



2188 E. MEYER BOULEVARD ON THE CAMPUS OF RESEARCH MEDICAL CENTER

## ASK YOUR DOCTOR ABOUT THE HARMON DIABETES CENTER.

More than 200 physicians throughout Greater Kansas City refer patients to the Harmon Diabetes Center. Ask your doctor about us or call 816-276-9410 for more information.

The Center, founded in 1987, was one of the area's first diabetes education programs. On October 1, 2004, the Center became a program of The Research Foundation, a local non-profit organization committed to enhancing health for the Greater Kansas City community. In 2007, it was renamed the Harmon Diabetes Center to honor the Harmon family and their generous support of The Research Foundation.

## HARMON DIABETES CENTER ACCEPTS MOST INSURANCE.

The Harmon Diabetes Center accepts most insurance, including Medicare and Medicaid, and offers scholarships for the uninsured. Participants are also welcome to join clinical studies which may include benefits such as free care, paid travel and the chance to help cure and prevent the disease in future generations.