

A CME and CE Workshop for Physicians and Licensed Health Care Professionals On:



Understanding Diabetes: From Prevention to Management

Presentation Overview

This course will provide information on the definition and classification of types of diabetes. We will look at the prevalence of diabetes, the risk factors that contribute to the disease and disparities. The course will also provide strategies on how to prevent diabetes and discuss how to manage it using evidence-based guidelines.

At the end of the program, attendees should be able to:

- Define and describe the types of diabetes
- Determine the risk factors and be able to describe the clinical features of diabetes
- Assess the prevalence of diabetes across diverse populations
- Describe what can be done to help prevent the onset of diabetes
- Discuss the management of diabetes using current clinical guidelines

1.5 CME and CE Credits Offered

EVENT INFORMATION

When:

Wednesday,
March 26, 2025

Time:

Noon–1:30 p.m.

Where:

Zoom webinar

For questions,
please email
continuingeducation@
caloptima.org.

Space is limited! Please
RSVP by Monday,
March 24, 2025,
through the link or QR
code below:

<https://bit.ly/4fXpPuz>



*In compliance with the Americans
with Disabilities Act, we will
make every reasonable effort to
accommodate your request. For
any special requests, please contact
Quynh Tran at 657-235-6865 two
weeks before the meeting date.*

Guest Speaker:

Steven Arabo, M.D., Medical Director, Medicare Programs



Dr. Arabo serves as part of CalOptima Health's medical management team, providing physician leadership for the agency. He also oversees the agency's OneCare plan, with responsibilities to improve care for senior members, implement quality improvements to raise OneCare's Star rating and serve members via interdisciplinary care teams. Board-certified in internal medicine, Dr. Arabo has 15 years

of experience in clinical leadership positions, with expertise in utilization management and quality management. He was recognized in 2017 by Becker's Hospital Review as one of 40 rising stars in health care under the age of 40, and in 2016 and 2018 he was a panelist at the University of Southern California C-Suite Invitational Executive Health Conference, where he spoke on new revenue streams in value-based care. He completed his internal medicine training at the University of Southern California.

CME Accreditation Statement: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, Irvine, School of Medicine and CalOptima Health. The University of California, Irvine, School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation Statement: The University of California, Irvine, School of Medicine designates this virtual activity for a maximum of 1.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure: All presenters and individuals who planned this event do not have financial interests to disclose.

California Assembly Bill 1195 and 241

This activity is in compliance with California Assembly Bill 1195 and 241, which require CME activities with patient care components to include curriculum in the subjects of cultural and linguistic competency and implicit bias. It is the intent of AB 1195 and AB 241 to encourage physicians and surgeons, CME providers in the State of California, and ACCME to meet the cultural and linguistic concerns of a diverse patient population and reduce health disparities through appropriate professional development. Please see the CME website, www.meded.uci.edu/cme, for AB 1195 and AB 241 resources.

CE Accreditation Statements:

BRN — This provider has been approved by the California Board of Registered Nursing, Provider #CEP 11596 for 1.5 contact hours.

CAMFT — CalOptima Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. CalOptima Health maintains responsibility for this program/course and its content. This course meets the qualification for 1.5 hours of continuing education credit for LMFTs, LCSWs, LPCCs and/or LEPs, as required by the California Board of Behavioral Sciences. Provider #129350.

NCHC — Sponsored by CalOptima Health, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 1.5 total Category I continuing education contact hours. Maximum advanced-level continuing education contact hours are 0. Provider ID #: 10167. Total Contact Hours earned: 1.5; Entry-level contact hours earned: 1.5; Advanced-level contact hours earned: 0.

AGENDA:

Noon: Welcome/ Introduction — Katie Balderas, MPH, Director, Equity and Community Health

12:05 p.m.: Guest Speaker — Steven Arabo, M.D., Diplomate American Board of Internal Medicine, Medical Director, Medicare Programs, CalOptima Health

1:15 p.m.: Q&A Session

1:30 p.m.: Closing

For questions, please email continuingeducation@caloptima.org.

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