



DIABETES SELF-MANAGEMENT EDUCATION AND SUPPORT (DSMES) SERVICES

Support your patients by referring them to ADA Recognized DSMES services that will answer their questions about diabetes and help your patients gain knowledge, skills, and confidence to live a long and healthy life with diabetes. ADA Recognized services will keep you informed of your patient's progress, goals, and outcomes.

Refer your patients to DSMES:

1. At diagnosis or if they have never taken part in DSMES
2. Every year
3. When it's harder to manage diabetes, such as:
 - a. Changes in access to food or money
 - b. When there are emotional factors (e.g. stress or anxiety)
 - c. When new health issues arise
 - d. When starting a new medication (e.g. insulin or steroids)
4. During changes in life, such as:
 - a. Change in living situation (e.g. divorce or death of a family member)
 - b. Getting new insurance coverage

**MEDICARE AND MOST INSURANCE PLANS COVER
THE COST OF DSMES**

Visit **diabetes.org/findaprogram** or call **1-800-DIABETES** (800-342-2383) to find DSMES services near you.



American
Heart
Association.



A PATIENT'S BEST DEFENSE BEGINS WITH KNOWING THE LINK

Find patient resources,
tools and information at
KnowDiabetesbyHeart.org



Know **Diabetes** by **Heart**™

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