

Managing Your Diabetes Starts With Education

Get the Information and Support You Need

If you have type 2 diabetes, Diabetes Self-Management Education and Support (DSMES) Services will help you live well and navigate your diabetes journey. You will find the direction, know-how, resources and support you need to succeed.

What is DSMES?

A series of sessions with a diabetes educator who will empower you to self-manage your diabetes and will make your journey with diabetes easier. And when your doctor refers you to a program, **it is often covered by your insurance!**



Visit diabetes.org/findaprogram to find a program near you.



Ask your doctor for a referral.



Start getting the support you need.

IF YOU HAVE DIABETES, THERE IS A LOT MORE YOU CAN DO TO REDUCE YOUR RISK FOR STROKE.

Talk to your doctor about your next steps. You're not in this alone. Find answers to your questions and join the initiative: KnowDiabetesbyHeart.org/join