

# Know **Diabetes** by **Heart**™

## 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, skills 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!**



**If you have diabetes, there is a lot you can do.  
Talk to your doctor about your next steps.**



**1 Ask your doctor for a referral.**



**2 Visit [diabetes.org/findaprogram](https://diabetes.org/findaprogram) to find a program near you.**



**3 Start getting the support you need.**

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You're not in this alone. Find answers to your questions and join the initiative at: [knowdiabetesbyheart.org/join](https://knowdiabetesbyheart.org/join).