

You CAN manage diabetes.

Diabetes Self-Management Education and Support (DSMES) can help.

DSMES will teach you to manage your diabetes.

You will learn how to:

- Manage your blood sugar levels
- Control complications from diabetes
- Keep costs down

“Diabetes Self-Management Education and Support has been so helpful. I’ve had diabetes for 10 years, and I understand what to do now.”

–Past Participant



INDIVIDUAL



GROUP

DSMES gives you the power to control your diabetes, so it doesn't end up controlling you.

Diabetes Self-Management Education and Support (DSMES) is personalized for you.

DSMES offers **individual** and **group** education. During a one-on-one session with your diabetes educator, you will create a plan to fit your needs and lifestyle. In the group setting, you will find other people who have the same concerns and hear answers to their questions as well as yours.

DSMES is an ongoing process that should be repeated every one to two years. This will help you make sure you have all the newest information and tools available to help you manage your diabetes.

To sign up

- Ask your primary care provider for a referral to a recognized* DSMES.
- Visit diabetesnc.com to find a DSMES provider in North Carolina.



Public Health
HEALTH AND HUMAN SERVICES

*“Recognized” means the DSMES has been approved by the American Diabetes Association, the American Association of Diabetes Educators or the Indian Health Services.

To help you reach these goals, you'll learn about:

Blood Sugar Numbers

- How to check your blood sugar
 - What your blood sugar numbers mean
 - What you can do if your blood sugar is too high or too low
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Food

- How the foods you eat affect your blood sugar
 - How to eat healthy without giving up all the foods you love
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Physical Activity

- How physical activity will help you manage your diabetes
 - How to increase your physical activity and set realistic goals
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Medicines

- How your medicines work
 - When to take your medicines
 - What the side effects of your medicines are and when to be concerned
 - How to balance your physical activity, meals and snacks with your medicines to keep your blood sugar from being too high or too low
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Dealing with Stress

- How to plan for possible changes to your health
 - How to deal with difficult times
 - How to find the specialist you need to prevent further damage of diabetes
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Cost and copays may vary based on program location, income and insurance coverage.

- Each insurance provider has specific guidelines for DSMES coverage.
- You should always check with your insurance provider to find out exactly what is covered under your plan and what your out-of-pocket costs will be.
- If you are uninsured or underinsured, you may be eligible for a discount.