



Ask Your Doctor to Order Diabetes Self-Management Education and Support

Diabetes Self-Management Education and Support (DSMES) is a program for people with diabetes to gain the knowledge, skills, and confidence necessary to make behavior changes in order to better control their diabetes. Settings for DSMES can vary and may include formal programs in an outpatient setting (hospital/health facility), primary care offices, community health centers, and even technology-based programs.

Why Do It? **Because it is proven to work!**

It will help you lower your:

- blood sugars as much as some medications do.
- blood pressure and “bad” cholesterol.
- stress about diabetes.
- emergency room visits and hospitalizations for diabetes.
- health problems due to diabetes.

It will help you increase your:

- skills at taking care of diabetes.
- overall quality of life.
- knowledge of healthy eating habits.
- knowledge of what “diabetes numbers” mean.
- physical activity level.
- confidence level about managing diabetes.
- ability to control your blood sugar.

When should you do it?

- When you are diagnosed with diabetes or prediabetes.
- Every year or when your blood sugar is not well controlled despite your efforts.
- When you experience health problems due to diabetes.
- When you experience major changes in life or diabetes treatment.

How should you do it?

- Ask your provider for a referral to a Diabetes Self-Management Education and Support program (DSMES program) near you.
- Check with your insurance plan and provider’s office regarding coverage for DSMES programs. Reimbursement for DSMES may require an order from a physician.

Find a program near you:

- Programs accredited by the Association of Diabetes Care and Education Specialists - Visit diabeteseducator.org and click on “Find an Education Program.”
- Programs accredited by the American Diabetes Association - Visit diabetes.org and click on on “Tools and Support,” scroll down and click on “Find a Diabetes Education Program.”

