

Learn ways to manage diabetes that fit YOUR life.



Did you know? Personalized services to manage your diabetes can help you:

- ✓ Set and track your health goals.
- ✓ Learn how to use knowledge, skills, and tools to manage your diabetes.
- ✓ Practice how to fit diabetes care into all parts of your life.
- ✓ Find ways to get support when you need it.



Ask a health care provider to refer you to diabetes self-management education and support (DSMES) services or contact a program in your area to learn more.



DSMES SERVICES IN YOUR COMMUNITY

Enter your program's information here

Call or visit us today!



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention