

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) 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!**



1 Ask your doctor for a referral.



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



3 Start getting the support you need.

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

You're not in this alone. Find answers to your questions and join the initiative at: **KnowDiabetesbyHeart.org/join**

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