



Know **Diabetes** by **Heart**™

Managing Your Diabetes Starts With Education

Get the information and support you need

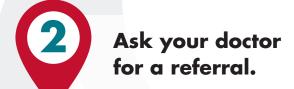
If you have type 2 diabetes, Diabetes Self-Management Education and Support (DSMES) Services will help you live well and navigate your diabetes journey. You will find the direction, know-how, resources and support you need to succeed.

What is DSMFS?

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.

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

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