

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, 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!**



**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**



**Ask your doctor
for a referral.**



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



**Start getting the
support you need.**

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