

DO YOU HAVE DIABETES?



More than 34 million Americans have diabetes. An important part of living with diabetes is learning how to take the best care of yourself. Diabetes self-management education and support (DSMES) services can lower your A1C, reduce complications and hospitalizations, and improve your quality of life. Ask your pharmacist today – while picking up your medicine or getting a vaccine – about DSMES services that may be available to you.



STEP 1 TALK TO YOUR PHARMACIST

This pharmacy offers DSMES, a proven service that can help you make informed decisions about your diabetes, work with your health care team to get the support you need, and understand how to take care of yourself. Talk to your pharmacist about your diabetes history, and ask about enrolling in DSMES.



STEP 2 GET A REFERRAL

DSMES enrollment often requires a doctor's referral. Your pharmacist can coordinate a referral for you from your doctor.

WHY IS DSMES IMPORTANT?

- People who have acquired the skills and the support to manage their diabetes are healthier than those who do not.
- Learning how to manage your diabetes will save money and time and help you have fewer emergency and hospital visits.
- Knowing how and when to take your medication and monitor your blood sugar (glucose) and knowing how to eat healthier, stay active, cope with stress, solve problems, and reduce health risks will help you feel better.
- Managing your diabetes will help you avoid or delay serious health complications.
- Diabetes management starts with you!

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For more information, visit www.cdc.gov/diabetes/managing/education.html.