

Support that helps **YOU** manage your diabetes.



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.



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