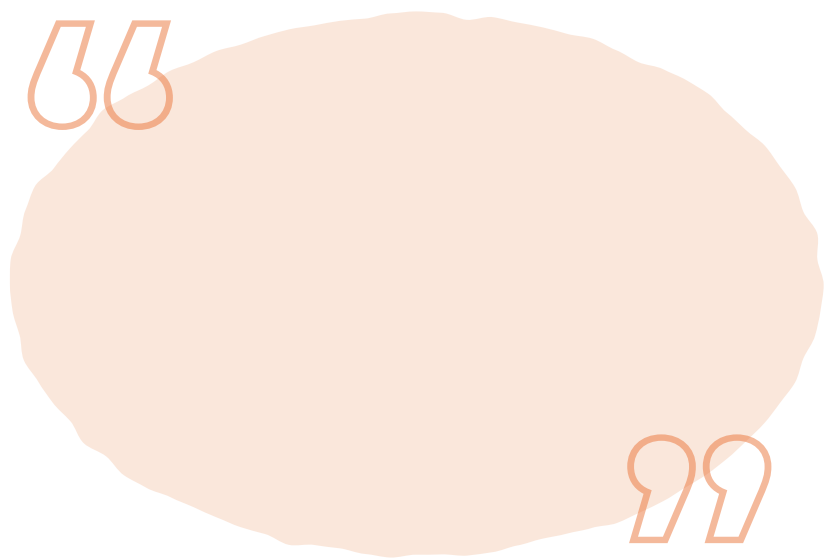


# Support that helps **YOU** manage your diabetes.



## **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