

3. When and where can I learn more about how to manage my diabetes?

WHEN

The best times for diabetes education and support are:

- When you're first diagnosed with diabetes.
- Once a year when you review your educational, nutritional, and emotional needs.
- When new complications come up—for example, changes in your physical or emotional health or financial needs.
- During changes in your care—for example, changes to your health care team, treatment plan, or living situation.



You can get help that matches your needs, goals, and life experiences.

Go to the [Find a Diabetes Education Program in Your Area](#) website to find programs that are recognized by the American Diabetes Association or accredited by the Association of Diabetes Care & Education Specialists.

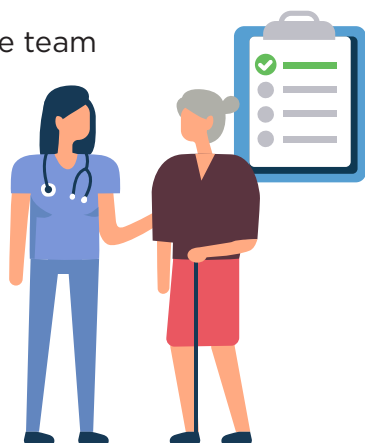
WHERE

- Local [diabetes education programs](#).
- Groups like the [American Diabetes Association](#), [Juvenile Diabetes Research Foundation](#), and [Association of Diabetes Care & Education Specialists](#).
- Local diabetes support groups.

4. What vaccines should I have?

Getting vaccinated is an important part of staying healthy, especially when you have diabetes. That's because people with diabetes have a higher risk of serious health problems that vaccines can prevent.

Ask your health care team what vaccines you need and when.



5. When should I schedule health care appointments?

- See your regular health care team twice a year or more.
- See an eye doctor, foot doctor, and dentist once a year or more.



Regular health care helps you stay healthy, especially when you have diabetes. Ask to set up your next visit before you leave your health care provider's office.

When you have diabetes, you will have a lot to manage. But you can take it one step at a time. Your health care team will help you set goals and make a treatment plan you can stick with. Visit CDC's [Diabetes website](#) for information on how to manage your diabetes and live your healthiest life!

