



learn tips and tools to
live well & thrive
with diabetes



We provide the education and ongoing support to help you manage your diabetes successfully.

Are you ready to:

Improve your blood sugar and A1C levels?

Learn how food affects your sugar levels?

Increase your confidence in managing diabetes?

Work with an expert and develop your customized diabetes plan?

When are the best times for diabetes education?

When you are diagnosed with diabetes and struggling to meet your goals

As part of your annual assessment of education, nutrition or emotional issues.

When new complications arise.

During changes in your healthcare team or treatment (ex. new physician, insurance, location etc.)

How should you sign up?

Ask your provider for a referral to a Diabetes Self-Management Training (DSMT) near you.

Check with your insurance plan and provider's office regarding coverage for DSMT programs.

