

# Learn ways to manage diabetes that fit YOUR life.



**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.

is here to help you whether you are newly diagnosed or have had diabetes for years.



**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.



## DSMES SERVICES IN YOUR COMMUNITY

**Call or visit us today!**