Support that helps VOUU 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.



CENTERS FOR DISEASETH CONTROL AND PREVENTION

