
My Personalized Self-Management Support Plan (DSMES plan)

Once you've met with your diabetes educator and have the basic skills to manage your diabetes, what's next? You're motivated now, but what about six months from now? It's all too easy to fall back into our old ways. Living well with diabetes requires a commitment to healthy living for a lifetime. Set small goals for yourself and continue to move forward one step at a time toward the healthy lifestyle you want to achieve.

Continue to learn about taking care of yourself and your diabetes! Attending a monthly support meeting or educational program is one option. If you prefer not to get out and go to meetings, then receiving the monthly Diabetes e-newsletter may be just for you. For the daring person you can volunteer at a diabetes summer camp for children!

Now's the time to have a plan in place. Our diabetes educators have put together ideas to help you. Look over the choices below. Select from the category you're most interested in. Work with your personal educator to build a diabetes/pre-diabetes self-management support plan (also called DSMES Plan) that is right for you!

Follow-up with Your Healthcare Provider

Meet with your diabetes educator for an annual diabetes refresher or more often as needed for continued support and education. To schedule, call the main office at 555-5555

Schedule and keep regular appointments with your primary healthcare provider.

Diabetes Support Groups

Diabetes Support Group meets the 2nd Tues of each month (except Dec) from 6-7 PM at various locations throughout the area. Different topics are discussed each month to help you manage your diabetes. For questions or to receive monthly reminders, call or email, RN, CDE at 555-5555 [insert email address here]

Live Well with Diabetes Support Group, American Diabetes Association, meets the third Tuesday of the month at the local ADA office. For information call 555-5555 or [insert email address here]

Electronic Newsletters

Diabetes Monthly e-mail newsletter at our diabetes center.[insert email address here]

Spark People, free weekly newsletter. The site has useful tools to track your food intake, exercise, or blood sugars. Sign up at www.sparkpeople.com .

Register to receive the free weekly d-Life e-mail newsletter. Go to www.dlife.com or view their TV program, CNBS, on Sundays at 7 pm.

Other _____

Weight Management

- Diabetes Centers, Medical Nutrition Therapy. Meet with a registered dietitian for guidance and on-going support. To schedule call 555-5555
- Bariatric and Medical Non-Surgical Weight Loss Program. For information call 555-5555 or go to [\[insert email address here\]](#)
- Overeaters Anonymous (1-505-891-2664) or www.oa.org. Weekly meetings located throughout the city.
- TOPS (Take Off Pounds Sensibly) Club. Meets weekly at various locations throughout the city. For information go to www.tops.org. Phone contacts for chapter leaders are listed by each location. You may also call Tops Club Headquarters at 1-414-482-4620.
- Weight Watchers (1-800-621-6000) or www.weightwatchers.com.
- Other _____

Exercise

- Anytime Fitness, open 24 hours. For information call 555-5555 or go to www.anytimefitness.com.
- Curves, fitness centers for women. Call 1-877-673-3144 or go to www.curves.com.
- Fitness to Go. Go to www.fitnessstogo.com or call customer service at 555-5555.
- Healthways Silver Sneakers Fitness program for older adults is an insurance benefit of more than 65 Medicare health plans permitting access to gyms, usually at no cost. Check eligibility by going to www.silversneakers.com or call 1-888-423-4632.
- LA Fitness. Call 555-5555 or go to www.lafitness.com.
- Planet Fitness. Go to www.planetfitness.com and enter a zip code for information and to see locations near you.
- Step Out, Walk to Stop Diabetes*, annual ADA event, 5k run/walk. Call 1-888-DIABETES (ext. 834)
- YMCA
- Other _____

DOC (Diabetes Online Community): Social Media and Chat Rooms

- American Diabetes Association*, online community support groups for Type 1, Type 2, newly diagnosed, and parents. Go to www.diabetes.org and click on the online community tab you're interested in at the top.
- Adult Diabetes Community*. Informal peer group to share information, ask questions, and occasionally meet for social activities. Not affiliated with any company or organization. Their website has a calendar of events that may interest the Adult Type 1 community. Go to www.thediabeticcornerbooth.com and click the tab for Adult D-Community.
- DiaTribe*. Diabetes insights and action tips for people with diabetes. Connect through facebook or twitter or go to www.diatrube.com .
- Diabetesmine*. Diabetes blog offering valuable information and encouragement and a weekly diabetesmine update. Also offers a free, monthly, Type 1 newsletter. Go to <http://www.healthline.com/diabetesmine>.
- Diabetes Online Community (DOC)*, weekly twitter-chats. Use Twitter hashtag #dsma or go online at <http://diabetescaf.org> .
- We Are One Diabetes*. An online support/networking organization for Healthcare Professionals with Type 1 Diabetes, associated with Taking Care Of Your Diabetes (TCOYD) organization. Sign up at www.weareonediabetes.org .
- Other _____

Magazines

- Join the American Diabetes Association; receive their monthly magazine, *Diabetes Forecast*, and get discounts on cookbooks and other publications. Call 1-800-342-2383 or go to www.diabetesforecast.org .
- Diabetes Health Magazine*, 6 issues per year. Go to www.diabeteshealth.com or call 1-800-488-8468.
- Diabetes Self- Management*, 6 issues per year. Go to www.diabetesselfmanagment.com or call 1-800-234-0923.
- Other _____

Educational Programs

- ABCs of Diabetes, free, self-management, 2-hour classes, sponsored by the County Public Health Department, offered monthly. Location and time changes. For information call 555-5555 or go to [\[insert email address here\]](#).
- Other _____

On-line Educational Programs

Cornerstone4Care, educational program offered by Novo Nordisk which has information on four areas of diabetes management (healthy eating, being active, medicine, and tracking blood sugars). There is also an option to sign up for a personal health coach. For information go to www.cornerstone4care.com.

- Fit2Me by Astra Zenica, educational program that covers 4 areas of diabetes care: food, activity, treatment, and support. Assists you in creating a personal plan tailored to your preferences. Digital coach provides encouragement and positive feedback. For information go to www.fit2me.com.

Living With Type 2 Diabetes, free, 12 month program sponsored by the American Diabetes Association. Receive 5 informational packets, monthly newsletter, and 6 issues of *Diabetes Forecast*. To sign up call 1-800-342-2383 or go to https://donations.diabetes.org/site/SPageServer/?pagename=LWT2D_English&loc=dorg_external-link&s_src=dorg&s_subsrc=external-link,

- Other _____

Apps

- Calorie King, www.calorieking.com. Find the nutrition information for any food.
- Glucose Buddy, www.glucosebuddy.com. Track your blood glucose and share your results with your healthcare provider. The online site also has a Forum with chat rooms for Type 1, Type 2, GDM, parents, and more.
Apps to keep a food diary that tracks your nutritional intake of calories, carbohydrate, protein, fat, and sodium. Examples include My Fitness Pal, Lose It, Go Meals, or Spark People. Ask your educator for a Smart Phone Apps or internet list.
- Other _____

Smoking Cessation Program

- Quit Now* program, internet or phone-based counseling service. Sign up for a trained quit coach to assist you. Go to www.quitnowindiana.com or call 1-800-784-8669.
- Ask your provider for assistance and options available to you.

Emotional Support

Make an appointment with a Behavioral Health provider. Call 555-5555 for information. Offices located on the east, south, and west side. You may also call a scheduling coordinator at 555-5555; go to [\[insert email address here\]](#), click the patient tab at the top and select "request an appointment" from the dropdown box; or ask your primary care provider to arrange an appointment for you.

- Alcoholics Anonymous. To find a location go [\[insert email and phone here\]](#)
- Council of Community Mental Health Center, Inc.. Lists mental health centers. Go to [\[insert email address here\]](#)
- National Alliance on Mental Illness (NAMI), depression, bipolar, and other support. Call 1-800-950-6264 or go to www.nami.org.
- Depression & Bipolar Support Alliance. go to www.dbsalliance.org or call 1-800-826-3632
- Anxiety & Depression Association of America. Find a local support group and therapist by zip code at www.adaa.org, or call national phone number 1-240-485-1001.
- National Suicide Prevention Lifeline, call 1-800-273-8255.

Other Ongoing Support Plan
