

# 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 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.

## **DSMES SERVICES IN YOUR COMMUNITY**



U.S. DEPARTMENT OF  
HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE  
CONTROL AND PREVENTION