Support that helps YOU 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.